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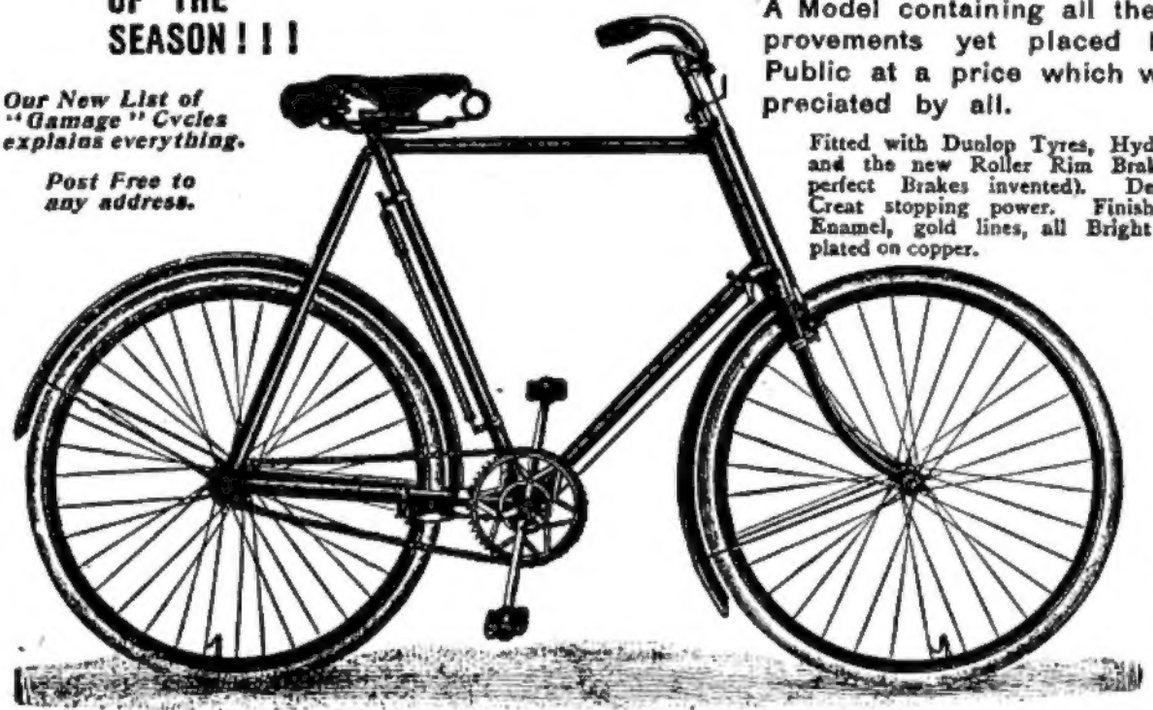

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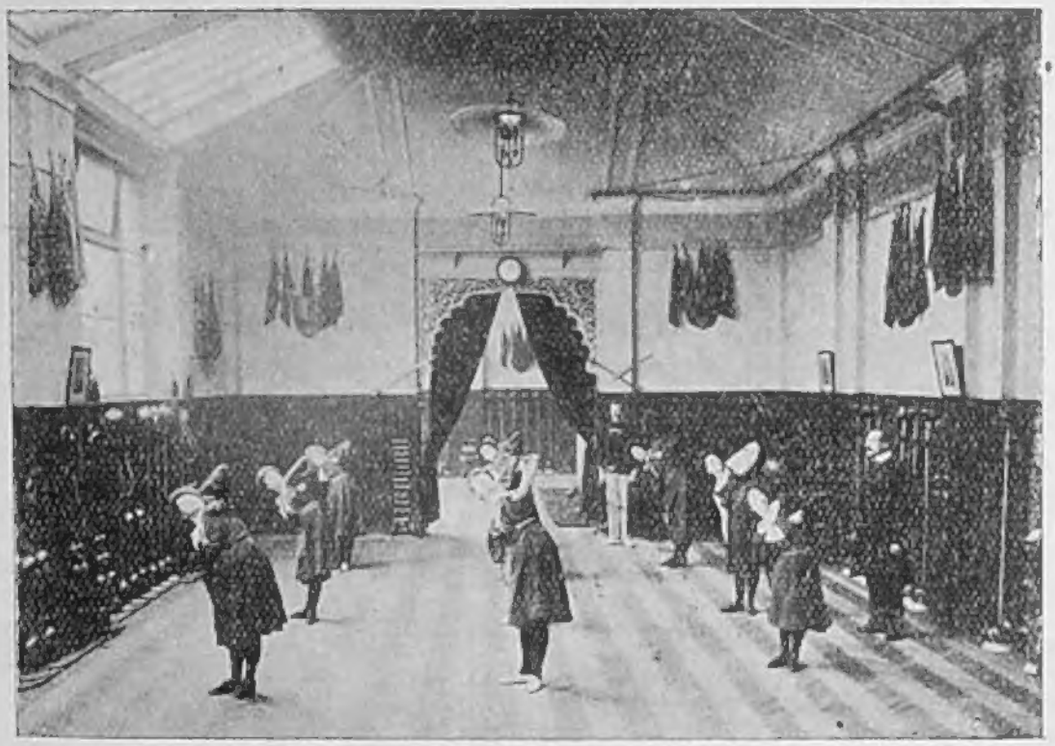

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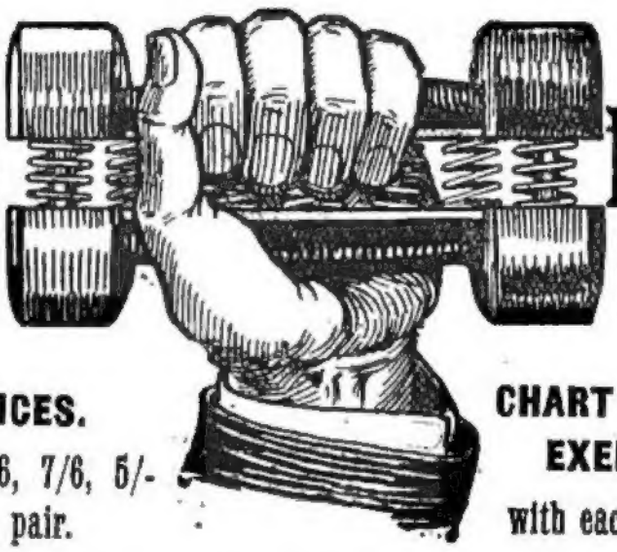

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CONTENTS.

	PAGE.
NOTES FROM MY NOTE-BOOK. By THE EDITOR	129
THE SOCIAL PILLORY	131
WHY YOU BLUSH AND ARE BAD TEMPERED. By GEO. C. ALTMEIR, M.D.	133
NATIONAL PHYSIQUE	134
WHY SOME PEOPLE ARE HYSTERICAL	136
A DISTINCTION WITHOUT A DIFFERENCE	138
FOOD FOR HOT WEATHER	140
HAVE A CLEAN STOMACH	141
WHERE ENGLAND LAGS	143
ARTICLETTES	145
WALKING AS AN EXERCISE. By T. WESTON	146
ABOUT WORRYING	146
SURVIVING WITHOUT SLEEP	148
FOOLS AND THEIR MONEY	149
JUVENILE SMOKING	149
TOWARD THE SIMPLE LIFE	150
BREAD AND CHEESE	151
THE FEAR OF DRAUGHTS	152
WHERE THE SPORTING LOAFERS COME FROM	154
DINING BY SCIENCE	156
IN THE ARENA OF SPORT	157
READERS' CLUB	159

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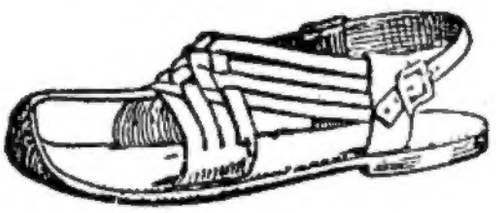

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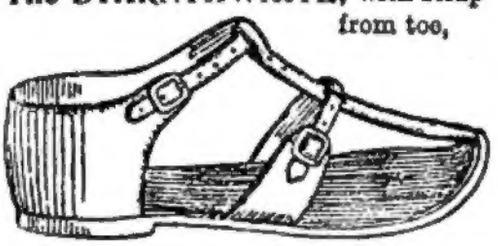

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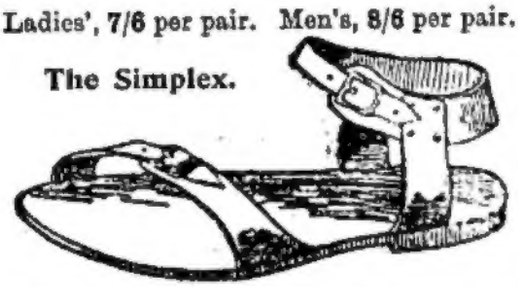

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(Est. 1898). VOL. XVII. No. 5. AUGUST 2,

SANDOW'S MAGAZINE

OF PHYSICAL CULTURE.

EDITOR: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution must bear note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

THE nerve strain of modern life is simply appalling, and it seems to me well nigh time that a determined crusade should be organised against the shrill, hoarse, discordant, nerve shattering sounds of the City streets. The ear is assaulted and outraged on every hand, and those whose nervous system has already suffered from the strain of fierce business competition should surely be protected against this additional terror. Although to the well trained physical culturist, with nerves in order, these jarring noises are scarcely even perceptible, it must be remembered that they are very agonising and injurious to others of less robust constitutions.

IT was Schopenhauer, I think (philosopher though he was) who used to jump with pain at the sound even of the crack of a whip in the street. What would Schopenhauer think now if he stood, say—that is, if his poor nerves would let him stand—for an hour in the neighbourhood of Trafalgar Square? The shouts of importunate 'bus conductors, the rattling of heavy, vibrating motor vehicles of various kinds, the numerous assortment of street vendors' cries, the occasional war shout of the Jehu of the hansom, the hooting of motor horns and the jangling of bicyle bells, all combine to arouse a din of demonish discord that conveys the impression of some terrestrial inferno. In fact, the average Londoner apparently revels in making the utmost possible noise, and I have often observed in large factories the amount of unnecessary yelling and shouting that accompanies the business.

THE general impression seems to be that a man's business worth and playing capacity are both to be estimated by the volume of noise at his command. In some places of business everyone, from the manager down, seems to think it incumbent on him to shout his loudest

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The manager bellows out his orders to his assistant, the assistant yells at the man on the next rung, the latter howls at the porter, and the porter vocally explodes at an inoffensive messenger boy. Business might be done just as effectively —more so, in fact—if the vital force and nerve power necessary for all this noise were concentrated into a silent attack upon the work actually in hand.

———

BANK HOLIDAY is at hand once more, and the same noisy disposition will be seen in the British workman at play. I do not, of course, mean to say that British workmen, take them as a class, cannot appreciate rational enjoyment when it is placed before them. But, they are by no means catered for as well, say as the German workman, with his *bier halles*, good music, and light beer. The result is that when he takes a holiday he often runs *amok*, drinks too deeply of the heavy, and often copiously chemicalised beer of the country, and not invariably his name goes to swell the list of the local police court cases for the following morning. The English public-house system is a poor substitute for the *cafés* and restaurants of the Continent, where noisy drunkenness is rarely in evidence.

———

THE noise of street vendors, at least, might easily be dispensed with, as also might be the shouts and importunings of anxious 'bus drivers and conductors. Certainly the shouts of the average London 'bus conductor are not very enlightening to the bewildered stranger within our gates, and they might, without any discomfort, be suppressed. And I utterly fail to see why Saturday nights should be made hideous in the outlying parts of London by the stentorian roars of competing butchers. If the butchers are permitted to do so, why should not the grocers, the drapers, and other tradesmen do the same?

———

IT is utterly absurd to say that these noises of salesmen and others are unavoidable. The man or woman who has left home to purchase a joint for Sunday's dinner generally relies upon his or her own judgment in the choice of both shop and meat, and not upon the lungs of the salesman who stands outside. The business is done in many large towns without the discordant cries of the shopkeeper and his salesmen, and it might just as easily be done in London. A judicious request at the psychological moment often, of course, determines the mind of a vacillating customer, but it is not necessary to bawl it into the poor outraged ears of everyone in the neighbourhood.

———

WRITING on this very subject, the editor of *Health* says that "cases are not uncommon where death has resulted from continuous noise, that threw a patient into a state of nervous excitement, which medical skill failed to allay." This fact, in itself, ought to be sufficient to make those in authority take steps in the matter. As the same writer further adds, every person making an unnecessary noise should be deemed guilty of a misdemeanour, and punished accordingly. There are many physicians who assert that scores of business men die every year and hundreds break down in health, on account of the incessant percussion of street noises on their nerves.

A Correction.

By an error the photo of Mr. R. M. H. Thompson, a most promising pupil of Prof. W. H. Garrad, which appeared in our issue of June 14th, on page 757, was described as being that of one of the Olmypiers. Certainly Mr. Thompson does not compare unfavourably with those three splendid athletes, and in some way the photos got confused.—EDITOR.

———

Channel Swimmers.

A DOVER telegram states that Horace Mew will try to swim the Channel again during the month of August if the temperature of the water is warmer.

Burgess has left Dover for Deal, where he will continue training. He also has deferred his attempt till next month.

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THE SOCIAL PILLORY.

Things that Lead to Physical Degeneration.

EVIDENTLY it is not necessary to travel as far as Chicago in search of impure food. "It is surprising," says a report recently issued on the inspection of British factories and workshops in 1905, "to find how little attention is paid to cleanliness in the majority of food-producing places." For example, "the bottle washing rooms in which empty jampots are washed are not only unsatisfactory from the point of view of the workers, but would probably very disagreeably impress the customer." In one place, the report says, the water was changed once a week. Hundreds of dirty pots were washed in a liquid like dark soup and smelling abominably. The pots when washed out were allowed to stand to dry, and were then considered fit to receive fresh jam.

"CHOCOLATES and sweets are much handled in making, and the condition of the hands and the lack of proper washing conveniences are matters which would probably be disturbing to the consumers. In one factory (says an assistant lady inspector) I was conducted to a corner of the boiling-room, where the sugar icing pan, with some of the sediment of icing still in it, was being filled with clean water for washing purposes. It was explained that the washing had to be omitted when the pan was in use for the icing mixture. Wooden floors are unsuited in most parts of a confectionery works. I have seen the surface of such floors reduced to a condition of sticky, churned-up mud. In a margarine factory the floor was thickly coated with a black, greasy, sour smelling mud. In a creamery I found dirty water and muddy milk standing in pails on the floor."

The principal lady inspector says that in the underground labelling department of "a world famed provision manufacturer" the only inlet for fresh air was at the yard level at the loading hole, where carts and horses stood a large part of the time. Many impurities and a marked odour of ammonia were noticeable. Up to then the firm "had opposed every suggestion of improvement." In a certain bake-house in London the presence of a brush, comb, sponge, etc., on the baking table led to the explanation, "When the place is cleaned up we bathe the children here." Again, it is noted that in a large cigar factory the practice of biting and licking cigars was as prevalent as ever. Similarly, in a great thread works in Scotland the older women were found to adhere to the practice of licking the labels.

The type of Citizen we do NOT *wish to see increasing.*

A LONG section is given to the conditions under which the Scottish kippering girls work. It is noted that the Highland girls occupy the place among these workers that the London policemen do among policemen in general. They accept the conditions with little complaint. The industry, it is said, could well afford the outlay required to improve those conditions.

The electrical inspector, in dealing with the dangers of persons in electrical works and power stations, mentions a passage-way of two feet wide in which "the penalty for not walking straight was probably sudden death." The switches were so arranged on either side that the attendant, by the slightest error or slip, was exposed to the peril of his life.

CASES of lead poisoning in 1905 showed a diminution over those of the preceding year. It is again noted, however, that no such reduction is observable in cases of lead poisoning contracted by the coach-painting industry. An elaborate investigation has been made into an extraordinary disease from which workers in shuttle factories suffer from, the absorption of an alkaloid in a wood imported from the Congo. The symptoms of the disease are headache, sleepiness, running of the eyes and nose, breathing affected, nausea, and faintness. The remedy proposed is exhaust ventilation.

THE big Blue Book of over four hundred pages contains much interesting information about "sweating," time "cribbing," Truck Act grievances, and such like matters. Of the last named class, it may be noted that an employer was deducting from girls' wages of about 5s., 7d. a week for an afternoon cup of tea, and admitted making a large profit.

THAT butter factories should be placed under the same law as margarine factories, so far as inspection is concerned, will be (the Press Association understands) the chief recommendation of the Butter Committee.

At present there is no power of inspecting premises where butter is made or dealt with for the public market, and the Committee has found that there has been a good deal of "faking" and adulteration, which it is necessary to check. It is hoped to put an end to such practices, and to trace where foreign fats are used. No butter is to contain more than 16 per cent. of water; margarine, sold by retail, is to be in labelled wrappers and is not to contain more than 16 per cent. of water. The penalties for the importation of adulterated butter are to be proportionate to the size of the consignment.

THE "butcher's bill" of labour during the year 1905 was an unusually heavy one, and shows the terrible risks run by those who fight the battle of life in factory and workshop. The list is as follows:—

(Factories and Workshops only.)	
Deaths	1063
Loss of hand or arm ..	149
Loss of part of hand ..	3109
Loss of part of leg or foot ..	105
Fracture	1662
Loss of sight	68
Total above and other serious accidents	32,002

A SELECT Committee of the House of Commons is at present considering the Housing of the Working Classes Act Amendment Bill. One of the witnesses, Mr. Fred Knee, Secretary of the Workmen's National Housing Council, when giving evidence, laid an elaborate table before the Committee, showing the increase and decrease in population in the various counties of England and Wales, with the percentage of tenements of less than five rooms, the percentage living at the rate of more than two persons in one room, etc. From the results of this report he came to the conclusion that there was a lack of inspection in country districts which had resulted in overcrowding and insanitary conditions. The large proportion of our rural districts where overcrowding was worst was not in agricultural, but in mining. The worst counties in regard to overcrowding were Northumberland and Durham. Wales and Scotland were worse than England in regard to housing. He favoured a larger staff of travelling inspectors of the Local Government Board.

THE mania for food adulteration seems to have reached a head where even

things that do not need adulteration are adulterated. Recently, Thomas Hooper of 15, Shepherd Street, Mayfair, was summoned for selling spinach containing sulphate of copper. Dr. Allan, when asked "Could you be poisoned by taking it in spinach?" said "Yes." Spinach is a vegetable teeming with colour on its own and needs no faking, so there was evidently something radically wrong with this spinach. If, queries *Science Siftings* the rich of Mayfair are treated like this, what must happen to the poor elsewhere?

MR. ALEXANDER MCNAIR, Inspector under the Food and Drugs Act, carrying a large bag containing meat unfit for food, applied to Mr. Plowden at Marlborough Street for an order for its destruction. It was, he said, seized at 9, Greek Street, Soho, and consisted of about 30 lbs. of different meats—beef, pork, and oxtails.

The Medical Officer of Health to the Westminster City Council had condemned it, and the owner admitted it was unfit for food.

Mr. Plowden made an order for its destruction.

WHY YOU BLUSH AND ARE BAD TEMPERED.

This article explains, too, just why people go mad.

SUFFERERS from nervous dyspepsia constantly complain of a heaviness in the head. It is a pressure in the back of the head, heaviness in the forehead, and an uncomfortable pressure in the eyes—a feeling that is relieved by pressing upon the eyes. Watch one of these sufferers three hours after eating, says Dr. J. H. Kellogg (head of the Battle Creek Sanatorium, the largest establishment of its kind in the world), in *Good Health*, and you will see him rubbing his forehead. He seems to be confused, forgets, and appears puzzled. Everything except the routine of things that he encounters every minute seems to be beyond his control. What is the trouble with that man? Auto-intoxication is one trouble. Another is a reflex disturbance growing out of irritation of the sympathetic nerves. The solar plexus, the great abdominal brain, lies right over the stomach. Its nerves are distributed about the stomach and within the stomach, and when the secretions of the stomach become extremely acrid—especially in cases of hyper-acidity, two or three hours after eating, when the maximum irritation is produced—the excitement produced in the brain by

THE RAIN OF IMPULSES

sent up from the solar plexus to the brain so confuses and distracts that sometimes patients actually lose their mind. Often people in this condition become so irritable, so cross, so irascible, that it is almost impossible to live with them.

Another cause of this difficulty is the excessive accumulation of the blood in the portal circulation. The large veins of the portal circulation are so capacious that they are able to hold all the blood in the body. But they are not meant to hold it all. These veins are supplied with muscular walls. Veins generally do not have muscular walls; they simply have loose, flaccid walls, like rubber tubes, not having the power to contract. The arteries contract. To illustrate that, here is a person who suddenly becomes frightened, and he turns pale. What for? Because arteries have contracted under the influence of that emotion. The blood is squeezed out of the skin, so the skin is left white and pale. Now, again, a person under certain emotions will blush; his face will be flushed with a sensation of pleasure or of shame. Curiously, these two very opposite sensations will produce blushing of the face. Some

PEOPLE DO NOT BLUSH

very much; some people blush a great deal. Some people blush only on a little spot on the cheek, and some people blush clear to the forehead. Some

blush all over the face, ears, and neck, and some blush clear to the ends of their toes. It just depends entirely on the peculiar construction of the nervous system.

While the blood vessels are under the control of the muscles, which relax or contract as circumstances require, this is not true of the veins, with the exception of this large portal vein. The veins of the abdomen, these that are capable of holding all the blood of the body, are supplied with muscles, and a nerve, the great splanchnic nerve, controlling this vein, and causing it to contract or dilate as may be required. Thus this abdominal nerve and this great vein together become the regulator of the circulation of the whole body. To illustrate this, suppose a closed tank is connected with a great many little pipes, through which the water runs out. The water runs out of the little pipes, and is collected in a trough and runs down to a pump, which pumps it up again into the tank. So the water is continually circulating. It drips down through the pipes into this trough, runs back to the pump, and the pump pumps it back into the tank. If the pump works well, the pressure in the tank will be high, so the water will spurt out through the little openings with a great deal of force. The pump represents the heart; this tank, the arteries. The little pipes here are the capillaries, through which

THE BLOOD LEAKS OUT

of the arteries into the veins, and the trough represents the veins, through which the blood runs back to the heart.

But there is something more—an overflow tank connected with the trough. This overflow tank is like a large rubber bag. It is always full, but it can always hold more. This rubber bag, when dilated, can hold as much as the tank holds. That is the portal circulation. If one tank dilates, the other tank contracts. When the over-flow tank—the portal circulation—enlarges, the rest contract.

Now, to illustrate. A man faints away, and he turns pale. You think he is just going to topple over. What shall you do with him? Lay him on the floor? No, there is something a great deal better than that. Seat him on a chair, and make him bend over.

GET HIS HEAD

just as low as you can. That will revive him right away. Why? Because when he bends over this way he compresses the abdomen and drives the blood out of the portal circulation back into the general circulation. If a person bends down to the floor, his face becomes flushed, because he compresses the abdomen. So the fainting person should be placed in a sitting posture, and the head bent down. Put your hand on the back of his neck and push him down just as far as possible, and that will force the blood out of the abdomen up into the head, reviving him at once.

National Physique.

Some Differences Explained.

SOME nice points in the physical genius of different races are suggested by the Amateur Championships of this year. As in a very large percentage of cases in the past, the long jump—an exceptional feat by a man of exceptional physique—and the high jump were won by Irishmen. In the pole jumping was one competitor only, and he was of Irish stock. In the United States, the best jumpers and gymnasts, that is to say, hammer-throwers and weight-putters, have usually Irish names; and Irish athletes who go to America give the best instance of that old experience that Irishmen find their proper excellence only out of Ireland. Everyone recognises certain mental qualities and capacities in Irishmen—imaginative sentiment, rhetorical fervour, brilliant humour—and accepts them as the natural parts of the race. Certain physical qualities, which seem to have some curious analogy with the mental, are quite as distinctive, though not widely acknowledged. The mental attribute may best perhaps be described as resilience, a capacity for spring, a briskness, a fervour of dash, which are expressed in the quality of muscle and even the structural shape of the limbs, such as a low instep and a large muscle

above and inside the knee. Years ago, when the New York Athletic Club defeated the London Athletic by a large margin and set up three records, the best of all performances was the high jump, won by a naturalised Irishman, who combined in a remarkable degree the native capacities of the Irish race with the scientific precision of the American method. The Irishman's skill at hammer-throwing, which has been remarkably illustrated in American athletic annals, is the result perhaps less of a peculiar capacity than of sheer amplitude of physique. Irishmen are bigger than other people. The seafaring folk of the north-west are giants. A boatman of 6 ft. 2 in., with proportionate development of chest and limb, is not remarkable. You look on him as a normal specimen. May it be that this mere quality of size has something to do with a certain repulsion from the life of the sea which marks the Irish? Surely no insular people have less affinity to the sea or the modern life on the sea. They are too big and restless and unorthodox for its narrow walls and tight discipline. The men make great soldiers, not great sailors.

It is curious that almost the only game for which the Irish have shown exceptional genius is lawn tennis, and at this they have been supreme for years. Watching a Doherty play a Mahoney, you saw every side of the physical and mental quality of the race exhibited. Mahoney was compact resilience, all vital motion, like one of the new rubber-cored balls without its covering of gutta-percha. He was never still, and his quick brilliance at the net was unsurpassable. The present champion has this dash too, but with it a quality of persistent, unruffled calm, which now and again is the form in which Irish capacity for happiness expresses itself. You see it now and again in Irish men of business, who can be, if they rarely are, the best in the world.

YUKIO TANI.

A lifelike Photo of the Famous Japanese Wrestler.

It has often enough been argued that national qualities are principally the result of climate, and we see the connection admirably illustrated in the different development of English and American character from a common stock of Puritanism. But there is a racial bent which can long resist climate, and will re-emerge when released from it. The Irishman could never be deduced from his weather, though perhaps the flame of his genius never burns so freely as in the oxygen of an alien air. That American athletes should be superior to English in sprinting, and in all forms of athletics that require instantaneous action, is perhaps a natural result of their drier and hotter climate. In every race that we have, the American has been visibly quicker from the mark than the Englishman, and the physique as a rule indicates the same superiority. Their athletes say that the change of climate seems to "slow them up," and it is a fact that

English superiority in longer and slower races is as normal as American eminence in the races that they call "dashes." But in such a study of national qualities as was made possible at the Olympic Games, the proper superiority of this or that nation suggested no such analogy. Irish and American skill were amply proved, but why should Germans excel, as we have always found them to excel, in swimming and diving, arts that seem to be wholly neglected in Ireland, and are not developed with marked success in England? Again, in England nothing has taken the place of that native genius for archery. All war-like sports languish Our backwardness in fencing is the present complaint of a number of writers in the *Times*. We know villages where nothing will persuade the inhabitants to keep up excellent Morris tube ranges erected for their benefit. Perhaps the reason is that the old skill of wrist and eye is turned on to games, and we have lost not a quality, but a proper exercise for it. Soon, it may be hoped, Robin Hoods and Little Johns will be found making bulls with the Morris tube, instead of splitting wands with the arrow, over half the villages of England. There must be among Englishmen some exceptional adaptation of hand to eye, encouraged and expressed in all our games. This is as much a national quality as the springiness of the Irishman's knee and instep; and it should be converted, as in a hundred ways is the American's likeness of mind and muscle, into what is now usually called a "national asset."

Cold Feet and Indigestion.

COLDNESS of feet and limbs is almost invariably an evidence of indigestion. The coldness is due, not to the weakness of the heart or feebleness of circulation, as is generally supposed, but to the contraction of the small arteries, preventing blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve centres which control the circulation of the lower extremities This difficulty is not to be removed by exercise, or by any special application to the limbs, but by removal of the causes of irritation. Hot and cold foot baths are valuable. These act not simply on the feet and limbs, but by reflex action affect beneficially the abdominal sympathetic centres which are in a diseased condition.

Why Some People are Hysterical.

By Geo. C. Altmeir, M.D., in the "Family Doctor."

IT is not the intention of the writer to deal with the symtomatology or treatment of hysteria, but its etiology and nature.

Hysteria, according to the present conception of the disease, is a psychosis. It manifests itself by defects in character and emotional disturbances whose real nature are hidden under an almost unlimited and varied number of physical symptoms of disease, and not by disorders of the intellect.

The disease has a fondness for women, and a large majority of the cases occur in the tender sex. The proportion is about ten to one, although some authors place it at six to one. The reason for its more frequent occurrence in women than men is readily seen. In them we have the emotional and imaginative side of the mind most highly developed, and disturbances of these functions are the very foundation of hysteria.

It usually begins about the age of puberty. It is at this age of a girl or boy when the brain, as a rule, is being most severely taxed, just at a period when physical and sexual development are undergoing a great change, and what is the result?—a bright, active mind that is taxed to—in fact, beyond—the limit of endurance in a weak body, and if we have a neuropathic child or one predisposed to hysteria, it is almost forced to come at this period of life.

NEURASTHENIA

is, however, oftener brought on by this method of education than hysteria. The intelligent ones are those that usually suffer.

From puberty it occurs oftenest up to thirty years of age. It is, however, not rare in boys and girls from four to eight years of age.

Some authors say it occurs rarely at the climacteric, but the neurotic troubles at that period are often due to hysteria (oftener than is supposed), although neurasthenia is much more frequently present.

Race has a great influence, and it is the impetuous, imaginative, emotional

peoples, particularly the French, who are most readily affected.

The Jews are especially liable to it, but here from an entirely different cause. Inter-marriage of relatives is most frequent among the Jews. If both parties are normal physically or in regard to their nervous make-up, no harm in this direction results, but if one or both—and often it is both, as they are relatives, and families, as a rule, are characterised by the same weaknesses, as they are from a common fibre—you have coming from this neurotic couple a child with a neuropathic diathesis, a soil from which almost any psychosis may develop.

One cannot get away from heredity. You can see that is true by looking elsewhere in nature. If you plant a certain kind of peach you get a second peach tree that will bear the same kind of peach, although it may be a little better or worse, because its care was better or worse. So with a child; the hereditary weaknesses, as well as the fine points, are present at birth; they may be improved or made worse as the cultivation is good or bad.

When the inheritance comes from the father's side, alcoholism is very often the underlying factor, and manifests itself in the child by an extreme irritability early in life, and avarice.

I would not like to convey the idea that a child inherits hysteria, but simply a neuropathic diathesis, an unequally balanced mind, a soil from which hysteria may arise.

A SHOCK MAY START IT.

Nor need the parents be sufferers from hysteria or of a hysterical nature, but may have other nervous ailments, neurasthenia oftenest, and thus transmit a neuropathic diathesis to their offspring.

Twin births predispose because of the fact that twins, as a rule, are more poorly developed physically, and therefore very likely the nervous system suffers also.

Many will state that excitable individuals are more easily affected. Well, excitable individuals are not correctly balanced; there is a lack of control of the emotions, which is the very basis of hysteria. It would be going too far, probably, to consider this hysteria in a mild form, as emotion is normal within certain bounds, but where to draw the line and say this is normal—and here it is abnormal—is impossible, as one imperceptibly glides into the other.

Shock, terror, anxiety, and generally long continued, repeated painful agitation are exciting causes on a predisposed base. The pain that one person gives to another, family quarrels, quarrels between husband and wife, excite hysteria, but do not cause it. We have all been called to treat some woman, only to find her suffering from an hysterical attack, brought on by a quarrel with her husband.

Mental labour does not produce hysteria, but neurasthenia, as mental labour has to do with the intellectual rather than the emotional side of the mind, and only when mental labour is combined with emotional excitement does it excite hysteria, and then only on a pre-disposed soil.

Diseases of the sexual organs, as the name hysteria implies, was considered the fundamental cause of the disease. Disease of the sexual organs is an exciting cause of hysteria in this way, not directly but indirectly, in that these women, as a rule, are sterile, their sexual life is injured, their married life unhappy, they worry and it affects their emotions, and hysteria may result, but here, too, neurasthenia is oftener the outcome.

Hysteria is not a symptom-complex, but a disease. By this I mean it is not a group of symptoms caused by perhaps many different pathological changes in the nervous system, just as headache may be a symptom of many diseases, but that it has a definite pathological anatomy, perhaps in some cases limited in the amount of area it affects, in others more diffuse, but whether extensive or limited that there are certain fixed areas, when affected, cause the manifestations of hysteria.

Physical Training in Dundee.

MISS BROWN, the lady superintendent of physical training in Dundee, has been appointed to occupy this position for another year. At a Special Committee of the Dundee School Board this decision was unanimously arrived at.

A DISTINCTION WITHOUT A DIFFERENCE.

[The following article, which we reproduce from the pages of a breezy American publication called "MEDICAL TALK," hits out in true American fashion at the hypocrisy which attempts to shield the rich drunkard from the shame and stigma that attach to the poor drunkard.—THE EDITOR.]

A POOR man drinks too much. He is a no-account fellow. He may manage to pay his debts and keep together a large family. But he drinks too much. He gets drunk occasionally.

At last he dies. Maybe he dies in a drunken stupor. Maybe he dies of some disease acquired from the effect of too much alcohol.

The doctor is called. He pronounces the case chronic alcoholism. Or maybe he calls it plain drunkenness. The word gets out all over the neighbourhood that the man has died a drunkard. The neighbours all hold up their hands in horror. Such a wretch! Isn't it terrible!

* * *

A rich man drinks too much. He drinks choice brandies and champagnes. He sports with questionable company, and spends large sums of money. He drinks too much every day. His face gets red, his stomach gets larger. He consults a doctor again and again, who gently warns him that he must let up a little. But he keeps on drinking too much.

Some day he is found in a deep coma, or perhaps dead, with little or no warning. At least, he dies very suddenly.

The doctor is called, of course. Nothing said about alcohol. Not one word about drunkenness. Maybe it is called pneumonia, because there was a little gurgling or wheezing just before he died. But more likely it will be called heart failure, prostration from overwork. Some term will be invented by the doctor to cover up the affair for a rich customer.

* * *

It is simply a question of money whether a man dies a drunkard, or whether he dies of nervous prostration. It is simply a question of money. The ordinary workman drank himself to death. But the millionaire died of heart failure. Alcohol is the cause of the death in each case. But the difference is the alleged respectability. One drank his glass of beer over the counter of an ordinary saloon. The other sipped his champagne in expensive wine parlours, where fashionable wickedness and costly debauchery are rife.

The poor man fills a drunkard's grave, because alcohol was the cause of his death. The rich man, who died from exactly the same cause, occupies a prominent lot in the cemetery, with a costly monument marking the spot where "one of our first citizens lies, where a great and useful life ended." The poor man, who drank beer or common whisky, has but few words said at his funeral, halting, hesitating words, vague hints at the blackness of sin, and the needless calamity that has been visited upon an innocent family.

The rich man drank expensive wines and champagnes. At his funeral an eloquent preacher dilates with beautiful diction upon the virtues of the deceased, and the loss to the community of a representative business man.

And so the farce goes on. The doctor and the preacher, and all those who worship wealth and despise poverty, contribute to this cruel falsehood, this senseless prevarication.

* * *

One man gets drunk, and he is taken by the police officer to the city prison, where he is starved, or suffocated with foul air, and his name branded as a drunkard and a common offender against the law.

A rich man gets drunk, and is taken home in a cab. Anxious attendants and trained nurses attend to his every want.

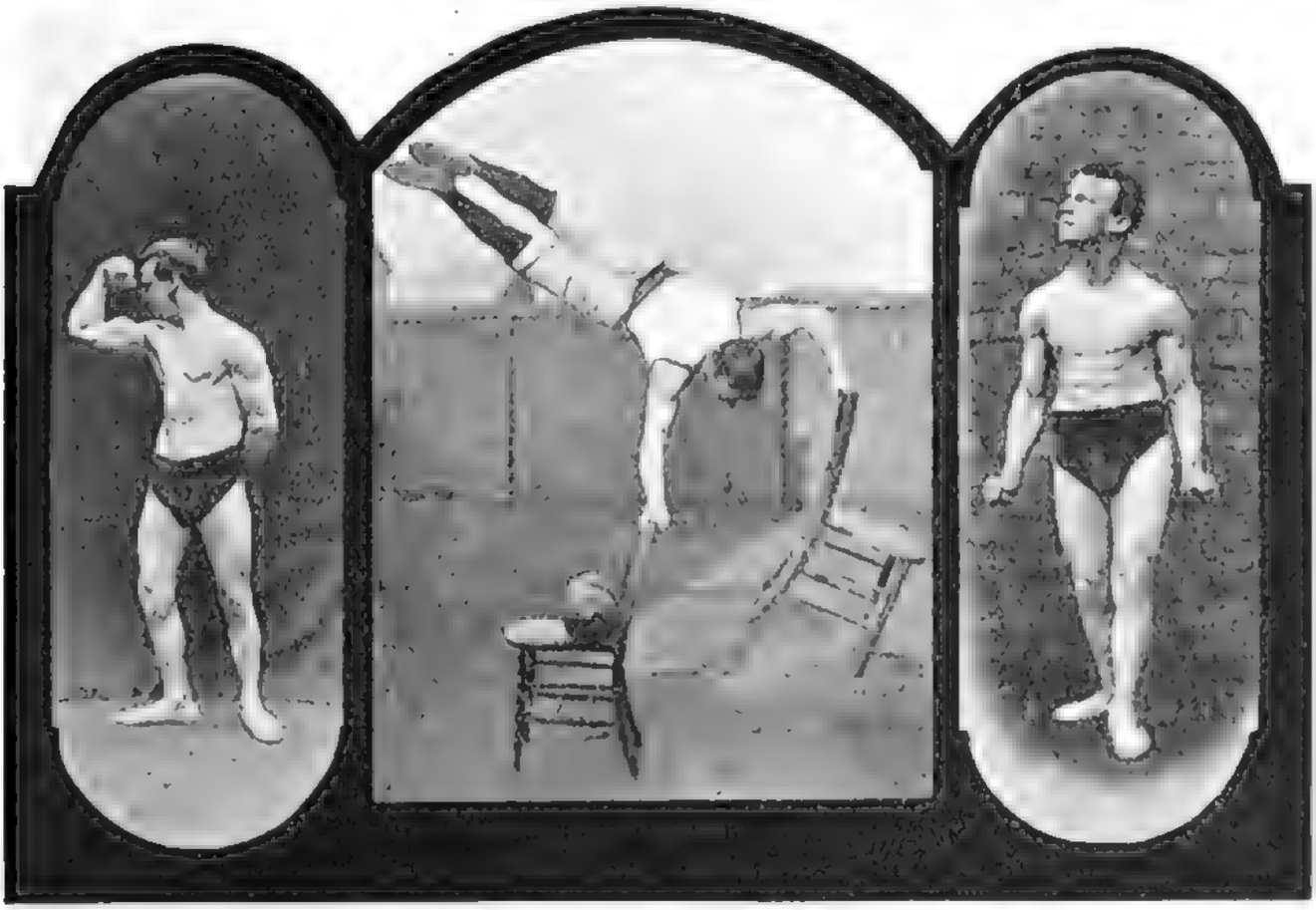
The papers all contain sympathetic notices of the sudden illness of Mr. So-and-So. The doctor in attendance plays into the hands of the whole farce and gives the ailment some equivocal name.

Alcoholism is an epithet that is only used when the pauper or the peasant or the hard-working man is involved. Neurasthenia, heart failure, nervous prostration, grip, these are the terms used when a rich man makes himself sick by the free use of stimulants.

The best way out of this dilemma, of course, is to leave all stimulating drinks alone. Rich or poor, high or low, good or bad, every one is better off without them. Leave them alone. Then, when sickness overtakes you, your friends will not be obliged to prevaricate, your doctor will not be compelled to tell a professional falsehood, in order to cover up your shame. Keep sober and enjoy life. Alcohol doesn't contribute to happiness and health. Leave it alone.

If you want to exhilarate your heart's action, and intoxicate yourself with vitality, get up in the morning early, just as the sun is coming up over the eastern horizon. Stand out in the open air. Inhale a dozen deep breaths. The morning air is loaded with oxygen. It will cause your blood to tingle to your finger tips. All day you will feel the beneficial influence of your deep inhalations of the early morning.

This is cheaper than champagne. It is less troublesome to obtain than beer or whisky. It is better for the nerves. It is better for the stomach. It doesn't take you into bad company, and in the end will produce a thousand times more happiness than indulgence in drink.



A Clever Balancing Feat, by Charles Lord (Liverpool), a British Gymnastic Champion.

One man gets up in the morning, breath hot, tongue dry, head aching, from last night's debauch. He takes a sneak to the nearest drug store, or the corner groggery, for his dram, to pull him together. He calls this having a good time. It is an awful mistake.

Another man gets up in the morning from a refreshing sleep, jumps up with a new inspiration, gets out into the morning air, and in exuberance of health and vitality he catches the sunshine and the

ozone, and can scarcely restrain crying out in his excess of good feeling. This man is really having a good time.

Why such a life should be called denying oneself, and resisting temptation is hard to tell. As if any normal man could be tempted to live the life of the ordinary sport. There is more genuine happiness in one week of natural living, free from the deranging influence of any stimulant, than there is in a lifetime of drunkenness and debauchery.

If you are a poor man and wish to avoid the ignominy of filling a drunkard's grave, or having it hinted at your funeral that you drank too much, leave the stuff alone entirely. That is the best way. And it is lots more fun.

If you are a rich man, and want to save your friends and relatives the humiliation of doing some tall lying at your funeral, stop drinking. Touch not. Taste not. Handle not. Die a natural death. Let the only regret at your funeral be the regret that a good and true man, a faithful and honest friend and relative has died. These are the regrets that make a funeral tolerable.

But when one has lived such a life as to make it absolutely necessary for sympathising relatives to tell a thousand falsehoods in order to hide his shame, he has spoiled the wealth that he may be able to bequeath, and poisoned the benefits which his money may enable him to bestow.

Food for Hot Weather.

Some pleasant substitutes for meat.

WE are all a little bit under the influence of a "meat scare" at the present time, and housewives are wondering what they may turn to in place of the tinned meats that have been so useful in hot weather, for ordinary times as well as for picnics. And now no one will eat tinned meat or sardines, or tinned fruits, if they are offered to them. Truly it is perplexing, and it seems a folly to be wise overmuch.

But other countries and other people find it quite possible to live without tinned meats, and even with very little meat at all. I have just returned from Italy, where I have been struck with the well built and well fed physique of the people, their splendid teeth and rich colouring. And all the meat gathered together in the whole of Florence or Milan would not equal in quantity the stock of one of our shops in the Old Kent Road, on a Saturday night!

IS MEAT REALLY NECESSARY?

Certainly not necessary, but as I am neither a vegetarian nor a faddist, I think it makes a very agreeable change in our diet, and one that is most beneficial in our climate at ordinary seasons. But certainly not at extraordinary seasons. And for short periods in the year we do have extraordinary seasons, even in London. We need strength-giving food in summertime as much as in winter, and although we may find porridge strength-giving, it is far from being a suitable food in warm weather, and indeed habitual eaters of porridge agree that it is better to leave it off when warm days come. But if you drop porridge and also meat out of your bill of fare, what have you as strength-giving substitutes?

Let us see what they use in warm countries.

OIL IS A FOOD.

Oil may be said to be a staple article of diet in Italy, for a great deal is consumed in other ways besides that of its own natural state. And oil is the secret of a good complexion, a good temper, and long life. Amongst the ancients the olive was sacred to the Goddess of Wisdom. A well known physician has written that, "A long experience abroad and in this country has convinced me of the great usefulness of olive oil, and I endorse most emphatically the saying of the King's physician to the lady patient, 'Take olive oil, live on it, live in it, live with it, and don't be without it.' Olive oil makes the skin admirably smooth and frees it from specks and pimples; oiling the hair, besides making it soft and glossy, prevents its fall and retards its turning grey."

BUT HOW CAN WE USE IT?

First of all, and very freely, with fresh lettuce and watercress, as a salad dressing. But oil is one of the best and purest of frying media, tasteless, and with a high boiling point. Use it always for frying fish and eggs, all vegetables, griddle and

batter cakes, and for making pastry; it will make the lightest and richest pastry possible.

One of the chief reasons for the prejudice against oil in this country is that we get so many substitutes for the real thing. Here, and in order to have the best, you must purchase it at good stores, and pay a fair price. Otherwise you will get cotton-seed and rape-seed oil, clear, perhaps, but thick and fatty. Pure olive oil is rather a dark yellow, thin, and not greasy.

If you only know of one or two salads, try to increase your list by experimenting with cold cooked vegetables. Try sliced potatoes, cucumbers, and tomatoes or beetroot, with a fine sprinkling of chopped onions; try boiled cauliflower in shreds, cold peas and runner or French beans, young carrots and turnips, and so on. Dress these salads with the yolk of an egg and as much oil as you can mix with it, adding pepper and salt and the juice of a lemon instead of vinegar. If you have a little cold meat or poultry, and ham, cut that small and dress it also with this salad dressing, garnishing it with cress and sections of hard-boiled egg.

COLD FISH AND SALAD.

Fish, poultry, and eggs are far more wholesome than meat in warm weather, and if they are more expensive we must remember that the reason for this is the inconstant and small demand. Were the demand greater, the supply would become greater and cheaper.

Boiled or baked fish is much nicer when served cold rather than hot. It should be cooked until tender, then skinned and taken from the bones, and divided into neat pieces. When cold it can be garnished with parsley and served with a lettuce salad and sauce. A very favourite sauce in Italy is made by dissolving over a slow fire two or three ounces of salt butter, stirring in the whisked yolks of two eggs, the juice of a lemon and grated rind, and pinch of pepper. A little white wine is added after the sauce has become slightly thick.

THE photo which appeared in our issue of June 28th, on page 812, without any name attached, is that of A. Turner, 23, Colvin Road, East Ham.

Have a Clean Stomach.

Some Stomachs Turn the Purest Food into Poison.

NERVOUSNESS is simply the morbid expression of a sensation. If a man is in perfect health, all his organs are in a normal state, and he has no consciousness of their existence. As Carlyle says: "The healthy know not of their health, but only the sick." One is unconscious of his entire internal structure until some part or some organ becomes diseased. This is because the sensibility of the internal organs is so small that when they are quite normal they are not able to express themselves with sufficient emphasis to be felt; it is only when the nervous sensibility is enormously increased by disease that we become aware of their existence.

On the other hand, the nerves of the external parts and organs are especially intended to express sensation, to make us conscious of our environment. Hence the keenest sensations experienced as the result of the activity of external nerves may be perfectly healthy and normal, while any kind of feeling in the internal part of the body is evidence of an unnatural condition.

Dr. J. H. Kellogg says that these morbid expressions of sensation are of various sorts. If I place my hand upon the table, I experience a normal sensation of touch; but if I feel something touching my hand when there is nothing there, I am nervous—the victim of an abnormal action of the sense of touch.

THE STOMACH RULES ALL.

One may sometimes feel feverish, and have a burning in the palms of his hands and the soles of his feet, when there is really no rise of temperature. This is an abnormal sensation; a nervous chill is not a chill, but a sensation of chill. When one suffers from cold when he is not cold, and from heat when his body is not even warm, his nerves are acting abnormally, and his condition indicates disease.

Sometimes the difficulty is with the sense of sight. Specks or sparks appear before the eyes, when there are no specks there. Sometimes the apparition is a violet or a green light, or a sudden

blackness coming before the eyes. People often think they are going to die of apoplexy; they have crawling sensations in their legs, and are sure they are going to be paralysed. These sensations may be only the morbid expressions of a nervous condition—not because the nerves are necessarily diseased, but because they are in some way disturbed.

STOMACHS THAT BREW POISON.

The causes of these nervous disturbances are varied; the most common of all, however, is indigestion. Yet the majority of people who suffer from these morbid sensations feel no pain or discomfort in the stomach. But when the mouth and the contents of the stomach are examined, they are found to contain poisons generated by decaying food substances. The tongue of a person affected in this manner is covered with germs. This is positive proof that poisons are being absorbed into the blood, and that the whole body is disturbed by them. The physician knows that this is the root of the trouble, but it is hard to make the patient believe it, because, according to his opinion, he has no difficulty with his digestion.

There are thousands of people living under a terrible burden of nervousness simply because their stomachs have fallen into such a state that the food they eat becomes poisoned, and the poisons distributed throughout their bodies manifest themselves not only in all these various nervous sensations, but in dulness of thought, irritability, and numerous other disagreeable ways. Perhaps the sufferer is a business man. He runs up a column of figures, and forgets how much it is. He has to go over it two or three times before he gets it right. He is perplexed and confused in various ways, and spends twice as much time as he ought on everything he does, just because he cannot concentrate his mind upon his work. Perhaps he falls into a chronic state of inattention, and finally becomes incapable of doing business. Or the sufferer may be a woman, a housekeeper. Nothing goes right in the home. She has "nervous spells," and is obliged to go off by herself and "have a good cry."

THE ROOT OF NERVOUSNESS.

Now these manifestations do not grow out of a diseased condition of the brain or spinal cord, as is often supposed, but they come from a foul stomach, which is sending poisons to every part of the body.

One is just as surely poisoned in this way as if the poison were injected beneath the skin by a hypodermic syringe. This theory has proved true in so large a proportion of the cases coming under my care that I am convinced that these morbid conditions of the alimentary tract are responsible for at least ninety-nine per cent. of all the nervousness of which people complain.

I ceased, long ago, to try to treat nervous symptoms except in a palliative way, but have made it a point to strike at the root of the trouble—the stomach. When you find a thistle growing in your yard or garden, you do not stop with cutting it off even with the ground. It is of no use to touch it, unless you dig it up, roots and all. Every fibre must be destroyed, or it will surely spring up again. It is just as necessary to strike at the roots of stomachic ills.

Of course there are other causes of nervousness besides indigestion. Some people are born with diseased nerves. There are also reflex causes which affect the nerves. Local irritations of various sorts may become so great as to produce a chronic condition of nervous exhaustion. But in the vast majority of cases this disagreeable and dangerous state may be traced directly to the poisoning resulting from indigestion. When the causes of indigestion are removed, and the stomach is allowed to resume its normal action undisturbed, the nervousness, the irritability, the headaches, the dulness, disappear, and the stomach becomes once more a silent, unconscious organ.

Why Jews are Healthy.

AT a meeting in London recently, a speaker observed that the members of the Jewish religion had a specially licensed slaughterer who was responsible for seeing that animals slaughtered were free from disease. If they did not pass the required test the animals were sold by the Jews to the Christians. The speaker added that 80 per cent. of the supply of meat for England was foreign.

WHERE ENGLAND LAGS.

That Hopeless, Drunken Pauperism.

[Mr. Robert Hunter, whose opinions concerning the social conditions of the English workman are here given, is a young American who has thoroughly studied sociology, and whose two works, "Poverty" and "The Tenement Conditions in Chicago" are well known. The extract given here is from the columns of the DAILY NEWS*].*

WITH his sharp, penetrating eyes, his clear-cut features, his correct attire, the gentle, yet deliberate, style of his conversation, Mr. Robert Hunter, the young American sociologist, now again on a visit to this country, looks more like one of the professional residents of Harley Street than the reformer.

Alluding to the horrors of the Chicago packing houses, Mr. Robert Hunter said that even the Zolaesque descriptions given by the author of "The Jungle," did not fully portray the shocking state of affairs in the big American city.

"I lived for two years among the poor people in the midst of the Chicago stockyards," he said, "and occasionally visited the slaughter-houses. Everything I saw was filthy and repulsive in the extreme. Even a scavenger would feel sick at the sight of such a colossal aggiomeration of offal, which Zola might have described as an apotheosis of dirt. What a difference with the abattoirs I recently inspected in Germany, and which, by the way, are superior to similar establishments in England. There everything looks, and is, clean and neat, and arranged on strictly hygienic principles. On entering a German abattoir one does not experience that nauseous, sickening impression one feels in the Chicago slaughter-houses. The sensation may be aptly described, I think, by the one received on being shown for the first time round the operating-room of a hospital where the whole accommodation, beds, instruments, and utensils are in perfect order and cleanliness."

"BRADA."
A French Lady Athlete.

"And is Germany also ahead of England and America as regards the condition of the poor?" asked our representative.

"Well, the German model tenements are infinitely superior to those I have seen in England. The German editors spoke only bare, if unpalatable, truth when they said there were no such slums in the Fatherland, and no such drunkenness as they saw in London. And I regret to say that in the larger cities of the United States we are beginning to see some of that hopeless, drunken pauperism which is, perhaps, greater in England than in any country in the Western world.

"I have never been more distressed by the conditions of the very poorest in England than I have during my present visit. I walked in the alleys and courts near the Parliament buildings off Victoria Street, and the sordidness, squalor, and misery seemed more appalling than in Whitechapel several years ago when I was living at Toynbee Hall.

"There is no doubt that the condition of the poor has improved materially in Germany, while in England, in spite of all that has been done during the last fifteen years, things appear to be pretty much the same as they were a decade or so ago."

"To what causes do you attribute this lack of improvement in England?"

"Chiefly to the scarcity of what we call the literature of exposure, which you on this side of the Atlantic are too prompt in branding as vulgar sensationalism. I know that the majority of

people in this country consider that America is going to the dogs on account of the revelations that appear occasionally in our papers. But this is not so. By giving the widest publicity to the evils we compel public opinion to interest itself and co-operate in the work of looking for their cure.

"You censure us Americans strongly, and justly enough, for selling poisoned meat; but we and the civilised world might also as strongly and justly pass condemnation on the English authorities who allow such poisoned, death-distilling houses as I have seen in London to be let to the poor.

"Don't you think, for instance, that, in common justice, one should find out who are the landlords of these poisoned tenements in Pimlico and the East End who live in luxury on those they actually kill by slow death? Why should they not be pilloried in the columns of your newspapers?

"Yes; what you want in England, in addition to the works of such men as Charles Booth and other reformers, whose voices, unfortunately, do not reach the million, is to give a prominent place in the daily Press to the literature of exposure, so far as it affects the poor. Upton Sinclair's revelations in connection with the Chicago stockyards do not appear worse than those made by Mr. Keir Hardie concerning the condition of the workmen in the chemical works of Lord Overtoun, near Glasgow. There are other Englishmen equally known—and despised—in America whose actions are similarly reprehensible, and should be pilloried in your papers. The difference, however, lay in the fact that Upton Sinclair had access to all the journals and magazines in the United States, and was heard by the entire nation; while Keir Hardie, at the time he made his disclosures, could be heard only by a few working men. In America we wash our linen in public, while in England you wash it in private, and sometimes, I fear very much—not at all."

"I am convinced," concluded Mr. Hunter, "that in the long run America will control and dominate the great Trusts, and force them to conduct their great business enterprises in the interests of the general public. This will undoubtedly take much longer than President Roosevelt's term of office, but you must remember that we are only at the first phase of the gigantic fight."

Lived on Bread and Milk.

MRS. MARY FAY died in America a few days ago at the age of 105. An autopsy was performed by Dr. Chanlon, the coroner's physician, who was astonished to discover that the body was as well preserved and nourished as that of a woman of thirty-five. All the organs were in perfect condition, the only sign of decay being the hardening of the brain arteries. The teeth were wonderfully preserved.

The doctor's report has excited great interest among medical men. Investigation has disclosed that the old woman lived for forty years entirely on bread and milk, which she liked and found economical. She never ate meat or vegetables, or drank anything except milk and water.

Some physicians believe that the case corroborates the theory of Professor Metchnikoff, of Paris, that a diet of sour or curdled milk will successfully combat old age.

Mrs. Fay's great age and wonderful vigour were well known in the neighbourhood where she lived. She was never known to complain of an ache or pain. Although her eyesight was not good, she was in full possession of all her other faculties, and delighted in taking long walks about the city.

Mrs. Fay was born in Tipperary in 1801, and went to America over forty years ago.

Real Rest.

Not one person in ten knows the benefit to be derived from real rest, because he does not know what real rest is.

Lying with stiffened spinal muscles, constrained chest and head bolstered up on large pillows, often the hands clinched and face drawn into grotesque shapes—that is not real rest.

So much wasted energy when life is so short, and so much energy is needed for necessary work and so much more for necessary enjoyment!

It is not easy to learn—relaxation—but it can, and must be, mastered before one can in any wise get that full measure of life and health which is his rightful inheritance. Relaxation cannot be taught, it only comes with intuition and becomes easy with practice, just as one forms the habit of waking at a certain hour in the morning.

Learn to let the couch hold you. Most of us cling to it, unconsciously, of course, as though at any moment it might go down beneath us. Let the muscles, which have been all day like rubber bands stretched to their fullest length, come to normal. Drop all your petty cares, shut out all plans and conjectures and schemes, breathe deeply and regularly the fresh air from your opened windows, and sleep. —*Health.*

ARTICLETTES.

Compulsory Physical Training.

IN go-ahead New Zealand, physical training is compulsory in the public schools, that is in the schools which in this country are known as "Board" or "National" schools.

The population of New Zealand is, roughly, 800,000, and in 1903 135,000 children, of whom about 70,000 were boys, were attending the public schools. Of these 135,000 children, nearly 120,000 were, in accordance with the Act, receiving compulsory instruction in physical drill as part of the regular curriculum, the remainder being either physically unfit or below the age of eight years. The section of the Act governing this system runs as follows:

"The school board of each (educational) district shall cause physical drill to be taught to all boys and girls over the age of eight years attending the public schools in the district. The drill must be taken to include physical and disciplinary exercises." The Act further provides that "in public schools provision shall be made for the instruction in military drill of all boys."

This means that, whereas physical drill is compulsory under the Act, the Legislature have wisely made military drill purely voluntary, thus avoiding even the faintest suggestion of the word "conscription."

When to Eat Fruit.

EVERY medical man now and then comes across patients who have dined for weeks on half a dozen bananas, a pound of strawberries, a pound of uncooked apples, or a pound of grapes or other fruit. Strange to say, it is often the poor creature who is run down who takes to this fruit craze, and, as might be expected, the injudicious feeding makes his condition worse. To obtain the most benefit from the succulent fruits, they should be eaten at the end of the chief meal.

Bananas are an exception, and may be eaten with any meal. They are very acceptable cut in thin slices and eaten with bread and butter.

Stewed fruits often have their virtues wasted through being eaten at the wrong time. Six or eight stewed prunes half an hour before breakfast are beneficial, so are stewed figs or stewed apples eaten before breakfast.

Peeled oranges cut into thin slices so that the juice is set free, with castor sugar strewn over the slices, are not unlike pine-apple, and form a highly efficacious aid to digestion.

Grapes should never be eaten except after the chief meal of the day. Taken when the stomach is comparatively empty, they are a specially harmful fruit.

"Scots Wha Hae."

THE following is the whoop of a Scottish correspondent in the columns of the *Aberdeen Express* recently:—

SIR,—What promises to be a revival of olden times takes place in Pittodrie Park to-night, where the Combmakers are holding an athletic tournament for possession of their handsome trophy. An interesting feature of this meeting is the old men's race, where may be seen some of the "lights of other days," whose names in the seventies were household words. I often sigh when I recall those happy days out Holburn way, where on the Saturday and Monday of our Tradesmen's Summer Holidays thousands footed and 'bused it, all going towards our classic 'Shire Cricket Grounds. Talk of the Olympic games! Bah! They could not compare with Aberdeen awa'. I can see now a panoramic view of some 7000 interested spectators applauding Jamie M'Leary, who ran with such machine-like precision; Billy Cummings, the mile marvel; and auld Cuddie Smith, puffing and blowing, bringing up the rear; with Pate Simpson in close attendance. And, O ye gods! where could you see such gladiators as Donald Dinnie, Kenneth M'Rae, and George Davidson? For grace and agility, I think can yet see Peter Cameron running pole in hand, and sailing over the trembling lath a perfect picture in life. In these days of high pressure could they find such meteors of the turf as Bob Hindle, of Paisley, and Willie Mann, of Carnwath? Who could hurdle like Bob and Campbell, of Kilbarchan? But, oh, here is the one hour's walking match—Jock Collie leading, followed by the brothers Shewan, looking the picture of health, and showing rare style. What! the 150 yards championship open to Aberdeen, Banff, and Kincardineshires? Fa' div ye think'll win? Mr. Editor, I might go on, like the brook, for ever, but for this I'll say: All hail to the horners! for in the seventies and "beyant" they turned out some champion athletes. May their "meet" to-night meet with the success it deserves. I am, etc.,

"HALF-CENTURY."

Pain in the Limbs after Meals.

PEOPLE frequently complain of pain in the legs after eating. There is just as much sense in having "leg ache" after eating as there is in having headache. One is just as natural as the other, and is due to the fact that when one takes food into the stomach, the irritation set up there causes an accumulation of blood in the portal vein, and this compression upon the nerves affects the sympathetic nerves, and the pain in the legs is the reflex irritation. That is one reason for restless sleep after eating. Eat nothing at night except something simple—a little rice, rice cakes, or rice flakes, for instance, with a little fruit. Butter and bread, fats, cake and pie, etc., keep the stomach worried all night long; whereas some simple thing like rice, or fruit, which requires little digestion, will pass from the stomach in an hour or two—by bed time, perhaps—and the whole nervous system is given a chance to rest.—*Good Health.*

Walking as an Exercise.

By T. Weston, the Veteran Pedestrian.

[*Weston, the famous walker, although now nearly seventy years of age, is still hale and hearty, walking as well as ever, and writes in praise of his favourite sport.*]

WALKING is the greatest exercise in the world. Look what it has done for me. It has brought me long life and it has made it possible for me to accomplish what no other man of my years can hope to do.

It is not alone development of the muscles of the limbs that one gets from walking. Sluggish circulation may be improved at the first step or two. You notice how I swing my arms and throw my shoulders into the action when once I settle down to my pace. All this tends to the muscular improvement of the body. The heart is not over-exerted. It is stimulated, but not enough to hurt one. Of course, when one undertakes journeys of thousands of miles, as I have done, the exertion may be a trifle harmful; but I, at least, am a living example of what walking will do for one.

I am always in training. I made no particular preparation for my last race against time and my old record. Two years ago I began to estimate that I would undertake the trip when I felt in condition. I was walking then a good distance every day, and I gradually increased it. In summer as well as winter I continued to walk, sometimes making as much as thirty miles a day. I thus make it a point always to keep in condition, and I could set out almost any time and accomplish a difficult task in pedestrianism.

I have always been careful in my diet. In regard to spirits and tobacco I do not believe in them, and I think that one can also be temperate in many other things. My idea is that one good solid meal a day is enough. Of course, I do not mean to declare that one should eat only once a day. I am a firm believer in liquid foods.

There is a great deal of nourishment in milk and eggs and rice pudding. Rice is very healthful. The Chinese coolies live on it and they work as hard as any class of labourers in the world. An egg beaten up in milk with a little sugar will carry one a long way. Beer is said to be stimulating, but when the effect has worn off, the fatigue returns. With the other liquid the benefits are prolonged and final.

Dr. Osler's theory never appealed to me. Why, a man only begins to live after he is sixty years of age. I am going to reach the hundred mark, sure as you're born, and then, perhaps, I will have a shy at the record again, just to let the Dr. Oslers know that a centenarian can be some good in the world. Sleep long, eat well, let spirits and tobacco alone, my boy, and you may be able to walk a hundred miles in twenty-four hours when you reach sixty-eight.

About Worrying.

THE worrying temperament often makes its habitat with one whose occupation lies within home walls, whose life is monotonous, and outlook circumscribed.

The frame inures itself to privation, to work, when it does not interfere too much with eating and sleeping, but the system never accustoms itself, healthily, to worry.

It is a perpetual tease upon the nerves, and never remits its rasping, wearing power.

It is generally true that an anxious tendency to take care rather seriously outruns its right proportions, becomes a giant, and gains the mastery over its victim.

A. Day Robinson, writing in *Health* (N.Y.), says that to "tie it well and let it go," to do one's duty, then trust in the goodness that rules the universe, and of which each individual is a part, is a nobler, healthier *rôle* than to fret and fret.

If Anxious was a divinity, to be propitiated by anxious thoughts, and offerings to his skeleton partner, Black Care, then worry might be worth while, but not when it hinders usefulness and encourages croaking.

Where care stimulates activity it is beneficial, but the moment it goes beyond that it checks good work.

Think how much humanity suffers on account of the things that never happen.

Think how worrying takes away peace of mind, nerve, unfits for the battle of life, the sweeping and lungeing toward things outward and great in our lives.

Winnow your own individual life. See how the things about which you were worrying and twisting never came near you, and happiness came around the corner undreamed of, unexpected.

Experience does not seem to help the votary of Care. Though troubles can be shown to be, year in and out, mainly of the imagination, he still goes submerged and water-logged by fear or anxiety.

The condition of worrying is nursed, and the victim of the cheer-destroying habit feels as uneasy without some fret as an old friar without his hair cloth.

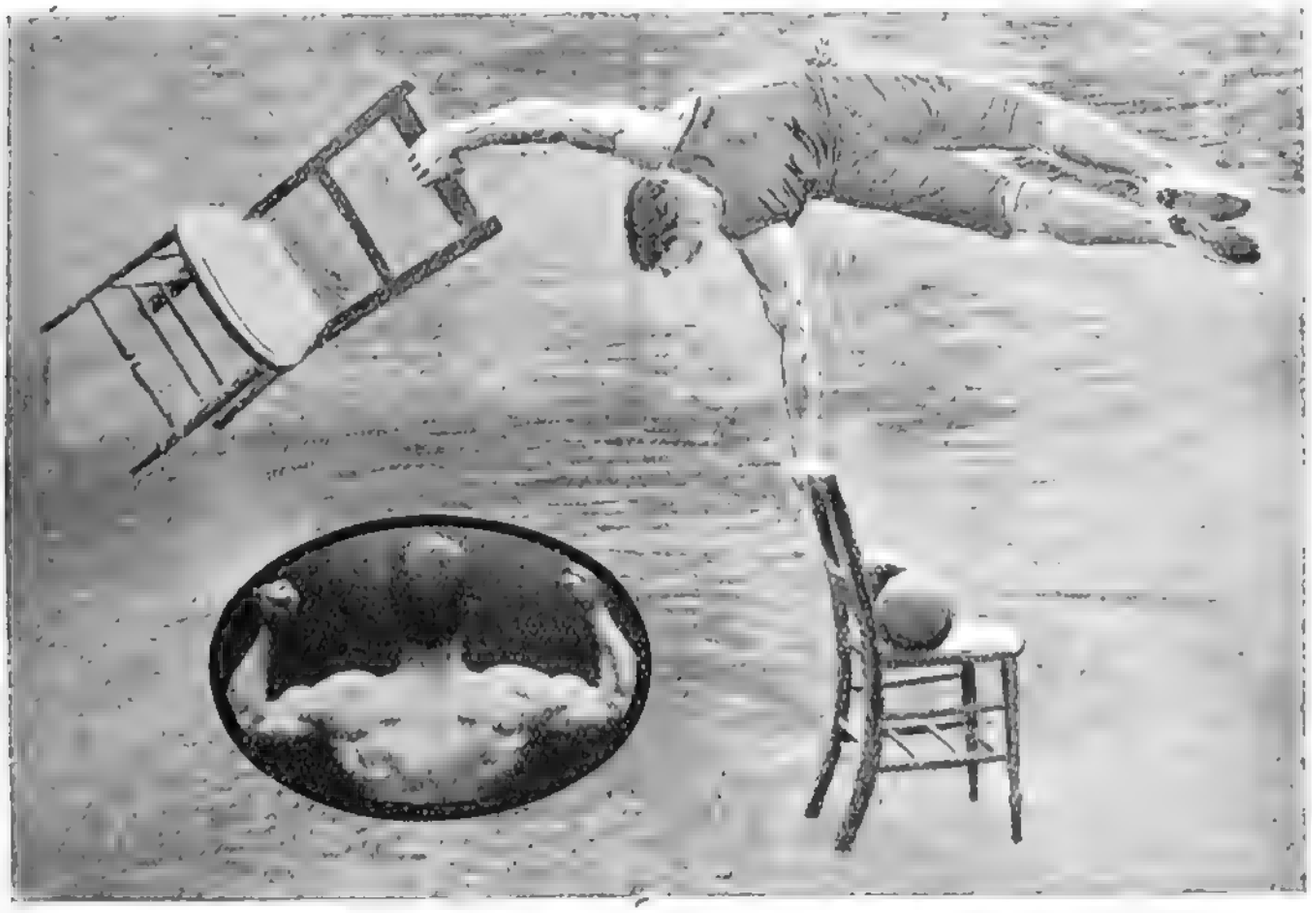
When fidgeting as to how ends are going to meet, just recall the fact that they generally do meet, some way.

No one has a right to convert the future into an outlying storm ground, and draw in upon himself and others its chills and blasts.

Fear secretes acids, affects that superb engine, the heart, but confidence and trust are sweet juices to the constitution and nature.

Another Strong Arm.

A MAN has been charged with stealing a motor car tyre from Mr. Eugen Sandow. Mr. Sandow might himself have dealt with the prisoner, but in this instance he relied on the strong arm of the law.—*The Globe.*



Another of Charles Lord's Feats of Equilibrium and Strength.

Sickness Registration.

VARIOUS recommendations made in the year 1904 by the Government Committee no Physical Deterioration are reviewed sympathetically by the Public Health Committee of the London County Council in a report prepared for the Council.

The proposal to institute a national system of registration of sickness the Committee thinks might be commenced with the County of London.

As to overcrowding, regret is expressed that some of the metropolitan boroughs have made bye-laws which are inoperative.

There would be advantage in obtaining powers to enable some local authority to provide and maintain créches in London.

Surviving Without Sleep.

Why Cannot Man do as the Ant does?

WE have so long been told of the necessity of plenty of sleep, that it is a novelty to find someone brave enough to contend that we take too much sleep. The daring innovator is Mr. Arthur Brisbane, of the *New York Journal*. Here is his theory:

Up to the present we have found the ant the most interestingly suggestive creature. He has developed and understands stirpiculture—the improvement of the race by careful breeding—which with us is as yet mere theory, and as we look down at the ant, we look up to him because the strangely active creature manages to do without sleep.

We human beings drowse through thirty years of our threescore and ten, but the ant is awake and working all the time.

If the ant has managed to live without sleep, if he has acquired the faculty of lifelong wakefulness, why should we not do as much in time? We take it for granted that sleep is essential, as we take everything else for granted. We used to take it for granted that the earth was flat, but we have stopped that. Sleep was at one time forced upon man and other animals.

The earth in its rollings turned away from the sun once in every twenty-four hours. In the darkness of the beginning, man said to himself: "If I go walking around, I shall fall into a hole, so I shall lie down and wait until the sun comes again."

We know that thin men, nervous, highly organised, do with far less sleep than others. We know that old age requires less sleep than youth.

Can we not cultivate and develop the characteristics which make sleep less necessary? Higher races of apes have abolished tails. Can't we abolish sleep?

As old age needs less sleep than babyhood, so in our maturity as a human race we shall probably demand less sleep than now in our racial babyhood. Perhaps none at all will be needed.

If that happens our lives will be doubled in value, they will be complete. That kind of life will be worth while.

Contaminated Shellfish.

THE difficulty of stamping out infection when it has once obtained a hold of districts from which shellfish supplies are obtained is very great indeed. Dr. Collingridge, the Medical Officer of the City of London, gives a case in point in his last report issued. Two cases of enteric fever were notified in Wandsworth, and it was found that the victims had been eating winkles obtained from one of the Billingsgate dealers. On receiving a report of the cases Dr. Collingridge followed them up, and it was found that the suspected shellfish came from the west coast of Scotland, and that some of these, at least, had been gathered from the polluted shore of Loch Gilp, within an area suspected of having contained the shellfish which originated the outbreak of enteric fever in Glasgow in 1903. Two other shellfish merchants in Billingsgate were found to obtain their supplies from the same source, and all three were at once warned of the responsibility they incurred. Dr. Collingridge also points out that evidence as to the continued sale of contaminated shellfish emphasises the importance of legislation on the lines already indicated in a Bill introduced into the House of Lords so far back as 1899. This Bill contained clauses giving powers to the Local Authority to enter upon any layings or beds for the purpose of inspection and the taking of samples, and, in the event of their being found contaminated with sewage, to close such layings or beds, and imposing a penalty for selling any shellfish therefrom after such closure.—*Sanitary Record.*

The Builder and the Nation.

COMPLAINT, says the *Tribune*, is sometimes made, and with reason, that our sports show too great a tendency towards the merely spectacular. Crowds numbered by the hundred thousand watch football matches, tens of thousands are content to look on at cricket, and modest hundreds will trudge round a golf course when leading exponents of the game are playing. The vogue of the professional has a good deal to do with all this, but a practical difficulty faces those who are accustomed to think how much better it would be if there were more players and fewer spectators. Where would the extra players be accommodated? The seeker after golf is continually being forced further afield for his recreation, new football fields are almost as difficult to procure, while as regards cricket, Mr. Steadman has been telling one of our representatives that thousands of clubs are applying for pitches only to find that the County Council cannot accommodate them. The Council has done excellent work in the provision of recreation grounds, and is anxious to do more, but the rapacious builder is hemming it in on every side. Yet reasonable indulgence in outdoor sport is good for the national physique, and perhaps when next the Council comes forward with a proposal for new parks those who usually criticise its enterprises will think of the waiting expectant cricketers and cease from opposition.

Fools and their Money.

The Racing Tipster is only Right in one instance out of eighty-five.

GAMBLING is both a cause and a sign of degeneration. It is a dishonest attempt to obtain money without giving something in return for it. The gambler is generally lazy, unprincipled and unindustrious. But in addition to this he is a fool. Canon Horsley has proved this in the *Daily News*. On boat-race day he analysed the "tips" given by various newspapers. "I took," he says, "the *Star's* tabulated prophecies—"selections from all to-day's papers'—and found that they related to six races at Alexandra Park. To give disinterested gratuitous advice from specialists nineteen papers pay sporting prophets, so that those who know they know nothing about racehorses may be informed how to appropriate their brother's daily bread without paying for it. There are six races, and it would be remarkable if these specialists, these cognoscenti, had such little sound basis for their faith that they not only could not agree on the winners, but picked out nineteen horses to win six races. But, as a matter of fact, I find they selected forty-one horses—forty-one strings to six bows.

"This enormously increases their chances of success, and it is difficult to see how a percentage of successes could be avoided by the veriest ignoramus under such circumstances. But, purchasing a later *Star* to get the results, I find hat this college of prophets, this congeries of oracles, are right in five instances and wrong in eighty-five. Seventeen to one against any prophecy of any sporting prophet being fulfilled. I have generally found seven to one to be the average.

"I further observe that only one paper, the *Standard*, achieves two successes out of six attempts; and that only three more, the *Leader*, the *Daily Mail*, and the *Jockey*, are right once out of six times. I note that of the purely 'sporting' papers (I presume that real sportsmen are intensely disgusted at the appropriation of the term 'sporting' by those chiefly, if not solely, interested in the promotion of horse races as a vehicle for betting) only one is even once right. The *Sportsman*, *Diamond*, *Racehorse*, *Old Joe*, *Winning Post*, *Gale's*, *Sporting Chronicle*, cannot name a winner between them.

"I notice also that the *Star* further instructs me how to win by giving me information under the head of "Follow Form.' But, alas, not one of the six horses 'bound to win' on form does win. Also, in the exuberance of its generosity, it gives me an 'A.P. Double,' but once more I find that I am doubly misled, for not only do both these selected winners lose, but they are not even placed. Thirdly, as the latest and best information, I have 'Uno's Midday Final.' But this specially selected champion of the prophet was not first—nor second—nor third.

"'These be thy gods, O Israel.' I say to the lads and men, and still more to the women, who not unnaturally pick up the habits of their husbands which seem to promise easy gain, 'These be thy gods.' You know and admit you are not, and have no opportunity to become, a judge of horses; but yet (you say), 'I trust to the knowledge and truth of experts.' The less said about knowledge the better when this is the best they can do."

Juvenile Smoking.

SOME startling evidence is being given to the House of Lords' Committee now considering the Juvenile Smoking Bill.

Smoking and drinking, said Sir William Broadbent, often go together. The former lowered the general tone, and induced a man to give way to the desire for stimulants. Smoking entered into the causation of deterioration among children, but more important factors were want of ventilation, improper food, and lack of exercise. Smoking among boys led to concealment and habits of deceit. He would prefer the age limit to be twenty-one, although the worst of the mischief was done before sixteen.

Mr. Chalmers, of the Home Office, thought it would be unjust to penalise the trader. A constable might be empowered to take cigarettes from a boy, but flogging for smoking by boys was impracticable.

Mr. J. L. Paton, head master of the Manchester Grammar School, said smoking

tended to make boys selfish and deceitful, and sometimes dishonest, besides reducing their will power and activity. Policemen should be empowered to confiscate cigarettes in the possession of boys.

Dr. Sims Woodhead, Professor of Pathology at Cambridge, said if juvenile smoking were not taken in hand now the results to future generations would be very serious. Inquiry showed that juvenile smoking retarded physical development. Nicotine acted upon the nerve cells first as a stimulant, and then as a depressent. The heart's action was interfered with, and the spinal cord also affected.

Mr. Bowick, treasurer of the Hygienic League, objected to the Bill as drafted because it would put the responsibility upon the trader who sold cigarettes to a juvenile. The parent and the child should be conjoined. He would abolish automatic machines so far as the sale of cigarettes was concerned.

Dr. Arthur Wigmore, a member of the executive committee of the Hygienic League, said smoking had largely increased among boys, and they were deteriorating in consequence. There was no corresponding deterioration among girls. He was decidedly in favour of birching boys for smoking, where necessary. Automatic machines containing cigarettes should be prohibited.

Mr. Bernard Lowe, who gave evidence on behalf of the R.E.D. Brotherhood, which has for its object the suppression of juvenile smoking by moral suasion, was opposed to legislation on the subject.

Commenting on this subject the *Daily News* says: "While the question of the effect of cigarette smoking on boys is before us it is important to take note of some remarkable investigations published under this heading in the French workmen's newspapers. The investigations have been made by Dr. Mutrel in connection with infant mortality in the families of workpeople employed in tobacco factories in Nancy. The earlier investigations of Dr. Drysdale among the workwomen who make cigars in Vienna have already proved the presence of nicotine poison in the milk of these women. Dr. Mutrel now shows in the case of the women who are employed in the manufacture of tobacco in Nancy that the rate of mortality among breast-fed children is 99 per cent. if the mother returns to her work soon after her confinement, whilst the average rate of infantile mortality in Nancy is 55 per cent., and that of breast-fed children of mothers other than tobacco workers is 39 per cent. A trade union inquiry in all tobacco manufactories in France shows that the average rate of infantile mortality is 70 per cent.

Towards the Simple Life.

Britishers are growing more and more abstemious.

THERE seems little doubt that temperance is steadily on the increase. Speaking at the annual meeting of Spiers and Pond recently, Mr. Cremien-Jeval said that a decrease in the sales of wines, spirits, and all articles of luxury was the reason for the falling off in the profits of the firm.

At the outset he pointed out that the Inland Revenue returns for the last twenty years showed that, although the population of the country had increased by ten millions, the consumption of wines and spirits had decreased by £11,000,000. As to their own business, he might, by way of illustration, take one of their well known restaurants, where they served a seven-and-sixpenny dinner.

They had served more dinners than in the previous year, but whereas each 7s. 6d. dinner was formerly accompanied by the consumption of an equal value in wines and spirits, in the year under review the accompanying consumption of wines had fallen to 3s. 6d., while the expenses of serving the 11s. worth of wine and dinner was as great as when they took 15s.

In another case he might mention a restaurant where they served 3s. 6d. and 5s. dinners. Not so long ago they had on one Sunday night eighty diners. They between them consumed but one bottle of champagne. Two or three years ago twenty-five at least would have been ordered.

That was borne out by a recent statement of the chairman of the Kitchen Committee of the House of Commons, who said that of those who dined at the House of Commons less than 5 per cent

consumed wines and spirits. The rest drank nothing at all.

Inquiries among leading restaurants in the West End by a *Daily Mail* reporter revealed the fact that the falling off of wine in popular favour is not common to all of them. At the Café Royal the consumption of wine is as large as ever at dinner, and the same can be said at the Carlton, Claridge's, and the Savoy.

But the demand for wine at lunch and at supper has become far less at all the fashionable restaurants. Everyone goes in now for non-alcoholics in the middle of the day and whisky and soda at supper.

The hot summer we have experienced has rendered the restaurant-going public more abstemious during the day, as they find they cannot even enjoy themselves, let alone work, if they drink wine during the heat of the day. It is surprising to learn from the manager of a well known restaurant that just as much, if not more, profit is to be made out of lemon-squashes as from wine. At many restaurants champagne has gone out of vogue, and clarets and moselles are being drunk more.

The recent introduction of certain mineral waters which have become so popular is also considered by many managers to have a good deal to do with the decreased consumption of wine at supper.

Bread and Cheese.

The best and cheapest diet obtainable.

THE spectacle of the typical, brawny British navvy and his midday meal of bread and cheese is common in this country, and on this diet with a little variation, he accomplishes titanic feats of labour.

There is nothing, remark the authors of *Food in Relation to Health*, so simple and strength-giving, except nuts, as bread and cheese. A ¼lb. of cheese contains more than double the nourishment of a ¼lb. of beef steak, at about one-third its cost.

A man need never fear being underfed and unfit for work if he can eat plenty of bread and cheese and a few vegetables. In fact, if the wife is ill and unable to cook food, bread and cheese, with a lettuce, a few dates or figs, a handful of nuts, and an apple will always form a good and substantial meal.

The authors of this useful little pamphlet are Mrs. C. W. Earle, who wrote the delightful "Pot Pourri from a Surrey Garden," and Mrs. Hugh Bryan, author of "The Secret of Perfect Health," and the pamphlet has been written with the object of trying to convince working people that by eating simple foods both they and their children will be healthier and stronger and will have more money to spend in comforts. This persuasive little volume, published by Messrs. Simpkin, Marshall and Co., contains eighty recipes, as well as an abundance of valuable information on diet, and those who come into touch with the poor and the untaught could not do better than leave behind them copies in the homes they visit.

It is possible with the aid of the pamphlet for each member of a family to live on about fourpence a day. There are special recipes for men, children, and infants. The authors have given a good many savoury non-meat dishes for men, either to take with them when they go to work or to have hot when they come home. Directions are given for the preparation of savouries such as rice and cheese (cost 4½d. for four persons), potato pudding (4d. for three persons), savoury batter (5d. for three persons), macaroni and onions (3d. for three persons). A sample savoury is Normandy pie (5½d. for four persons):—

3 lbs. potatoes, carrots, celery, or other vegetable.
One chopped onion.
A little milk.
Two tablespoonfuls butter or fat.
¼lb. flour.

Cut up the vegetables, any one except cabbage, boil for three hours. Add a little chopped onion and parsley and seasoning; put into a pie-dish, moisten with milk. Cover with a crust made of ¼lb. flour and the butter or fat, half a teaspoonful of baking powder, if liked. Make a hole in the top to let the steam out. Bake about half an hour.

All the special dishes for men are intended to be eaten with bread, and with a piece of cheese added one will have had a really nourishing meal.

The Fear of Draughts.

POPULAR theories that are groundless are always objects of great interest. When they are harmless, like numerous myths of old, we can afford to be amused and entertained by them. But sometimes they are harmful to those whom they possess, and to the world at large, and then they may rightly become matters of concern to the economist and to all well wishers of the human race.

The popular notion about cold catching, and the danger from draughts and colds is one of these harmful delusions. There can be no doubt that this fetish, for such it really is, leads every year to the sickness and death of a large number of people, and in a most unnecessary manner. Yet the idea is so firmly fixed in the popular mind, and is held by so large a majority of the common people, that it is regarded as axiomatic. To disturb the popular belief about it is always difficult. Any suggestion or argument against it is met at once with a storm of objections. if not of ridicule.

COLDS IN THE POPULAR MIND,

are acquired chiefly through the thing called a draught, which means a perceptible movement of air about a person's body, especially his head, when he is indoors. The term is not applied to the gentle breeze out of doors. although it is the same sort of a thing. As a result of this idea, people are constantly disturbed, says the *Family Doctor*, constantly fearful that they will sit in a draught or stand in a draught, and if they feel a slight movement of air they are mostly anxious to stop it by closing windows and doors. You may create surprise, even bordering on terror, if you say that you enjoy draughts when some good soul has rushed to close a window to save your life—asking if you are not "afraid of that draught?" If you ask your solicitous friend what harm there can be in a draught, he will tell you that it will give you a cold, and that then you may get consumption. If you remind him that he walks and rides in a wind out of doors without any such fear, he will say that that is a wind, not a draught; and that a wind is not half as dangerous as a draught. If you ask him what the difference is he is nonplussed, and you thereby discover that you have asked him a brand new question, one that he never thought of before, and his answer is likely to appear to himself, on second thoughts, to be untenable, if not absurd. He can give you no explanation of the difference, for essentially there is none. Yet if you should chance to say that all people, well and sick, ought to be constantly in a draught, never out of it, you are likely to make some benighted people think you are a slightly unbalanced doctrinaire, or that you really do not know what you are talking about.

People doubtless do occasionally take sneezing colds that are harmless from sitting in a draught insufficiently clad.

THE REMEDY IS SIMPLY MORE CLOTHING.

But people do not usually take their colds from draughts or cold or even wet feet, but more often from fatigue, digestive derangements, overwork, and lack of sleep and rest. Colds less often come on in the depth of winter than in the warming weather of spring. As a result of the popular fetish, however, most people when they have taken a cold immediately knit their brows and begin to meditate on what could have caused it. And as nearly everybody is, for some length of time, some moment each day, in a draught, it is easy for any victim of a cold to refer his trouble to some such experience, although the theory may be as groundless as one that should ascribe the cold to the pointing of somebody's finger at him.

The truth is that the fear of a draught compels numberless people to breathe bad air constantly, which lowers their vitality, makes it easy for microorganisms to attack them, and for them to get all sorts of disease—that constant fresh air might enable them to escape. They are more susceptible to cold catching than the people who either ignore draughts altogether or clothe themselves so that they can bear them.

THERE IS ONLY ONE WAY

for us to know that every inspiration brings us a dose of fresh air, namely, to have the air in front of our faces con-

stantly in motion; that constitutes a draught, whether the motion be little or much. The only way to live healthily is to be sure that we do not breathe over again the air we have contaminated by breathing, and the only way to accomplish this is to be always in a draught. Not a gale is needed, but a gentle draught. This, then, is the gospel we should preach, and we should preach it at all seasons and everywhere. It will be met by ridicule, it has often been ridiculed, but it is a truth of such value for the good of the people, and it is so unimpeachable scientifically that those who preach it can afford to smile at the railings of the fetish followers who object to it.

The common cold is not followed by serious disease, nor is it attended with fever. True, influenza or grip, on the other hand, is usually a febrile (with fever) disease, and is occasionally followed by phthisis. A cold often follows a fit of indigestion, a paroxysm of migraine (sick headache), a day of overwork, or a night without sleep; it comes to those who live out of doors perhaps one-fifth as often as to the overhoused people. Soldiers in camp, sleeping in tents or under trees or waggons, and wrapped in their blankets, very rarely have colds. But when they go home on furlough and sleep in close bed-rooms, they show a marked susceptibility to these troubles.

An Elbow and Wrist Lock in Jiu Jitsu.

Why Milk is Murderous.

SOME day the British public will turn wrathfully on the food purveyors who dole out poisonous drugs in foods, and rend them; but we would recommend an even worse fate for medical officers who betray them into giving to babes what is possibly consumption causing milk. A medical officer of health writes to the *Morning Post*: "The public imagines that the medical officer of health is appointed by the sanitary authority to administer the provisions of the Public Health Acts. The public never made a greater mistake if it thinks that rural and small urban sanitary authorities wish for an active efficient medical officer. On the contrary, this is the one thing they dread getting, and if by some mistake they do get one, their chief aim is to get rid of him as soon as possible. The members of the authority are usually farmers, etc., concerned with the sale of cattle, sheep, pigs, and milk, and they do not intend to have any servant of theirs (as they regard the medical officer of health) going round to their cattle sheds and putting them to the expense of such things as a pure water supply instead of a pond, or clean, airy cow stables instead of fœtid, ill-ventilated, and foul cowsheds. Nor will they have a veterinary inspector condemning cows which, although they may be tubercular (consumptive), are excellent milking machines." In fact, the rural medical officer who does his duty speedily gets what is vulgarly termed the "sack."

WHERE THE SPORTING LOAFERS COME FROM.

Men Must Work while Women Must—Play.

[*Who are the people that constitute the enormous multitude mercilessly designated by Col. Baden-Powell "sporting loafers"? On one week-day recently there were close upon* 150,000 *spectators watching sports of various kinds in or near London. The* DAILY EXPRESS, *in the following article attempts to solve the problem.*—THE EDITOR.]

AN intelligent German visitor at the recent Cup-day at Ascot was moved, in a fit of bewildered astonishment at the immense crowds gathered on the Royal Heath, to inquire how it was that so many people had the leisure to spend a whole day racing in the middle of the week?

His astonishment must often have been felt even by Englishmen at Ascot, at Lord's, at the Oval, at Epsom, and at Henley on many a summer day. Who are the people that make up the great crowds, and how is it that they are not engaged in the more prosaic but necessary business of earning their living?

On the Continent all the principal race meetings are held on Sundays, and the gathering of the crowds is easily explained. Football matches, too, in England are nearly always played on Saturday afternoon, the holiday day of nearly all workers; but cricket matches are played every day, and Saturday is likely to be the least interesting day of the match that began on the preceding Thursday.

The keenest interest at Henley and at Ascot is always on Thursday, and the Derby takes place on a Wednesday. But whether the event be at the beginning or the middle of a week matters not at all; the crowd will still assemble, and there is an undoubted interest in endeavouring to discover whence they come.

THE ENTHUSIASTS.

To begin with, there are the enthusiasts, the men who always go to the Derby, have been to the Derby, indeed, every year for twenty-five years or so. A large proportion of these men are small tradesmen, who, while they cannot afford any extended holiday, are able to arrange to be away from business on a special day. Many stockbrokers and other City men are able to make similar plans. The enthusiast of a different order is also found under the same circumstances at Henley and the Oval.

In another social category the fact must also be considered that in England there is a large class of moneyed men who have no serious occupation and are able to devote what time they will to their pleasures. This class exists also on the Continent, but not so conspicuously, while in America it is comparatively unknown.

If one were to philosophise, the existence of the comfortable unoccupied might be taken, on the one hand, as an outward and visible sign of national prosperity, and, on the other, of national decadence. It would be puerile, of course, to imagine that inherited riches necessarily means an idle life, many rich men being actively and persistently engaged in social and national service.

AT HENLEY.

Reverting once more to Henley, the undergraduate naturally forms a very considerable proportion of the crowd with his sisters and his cousins; the briefless barrister is here as elsewhere; and the rowing man and the river man, whether he be in business for himself, or a clerk, or a struggling professional man, will endeavour to steal one day for the great annual event of the Upper Thames.

The parson is always conspicuous at the cricket match, whether he be Church of England clergyman or Nonconformist minister. His work gives him the opportunity of picking and choosing his times, and doubtless he finds a summer day at Lord's stimulating to thought and activity.

The actor is an equally eager cricket enthusiast, and the literary man can always be found at a great match. These, of course, only account for a small part of a large crowd, the majority of whom are made up of tradesmen, clerks, and shopmen who have got a day off, and

possibly by commercial travellers, who take the Oval on their rounds.

It must also be remembered that, although the week or the fortnight holiday has become an almost universal custom in almost every occupation in England, there are many men who cannot afford to move their families out of town and to spend their holiday in the country or by the sea.

A WEEK'S HOLIDAY.

They will cut up their time with two days at Lord's, a day on the river, and so on, and a census would probably result in the discovery that a great crowd, say, at the Gentlemen *v.* Players match is very largely made up of comparatively poor men spending part of their annual holiday.

In a great city like London, too, there are a great many more people than one generally supposes who work at night. One has already referred to the actors, but there are also the thousands of men employed at night in newspaper offices, many hundreds of postal and railway officials, policemen, and tradesmen, like tobacconists and publicans, whose busy time does not begin till the evening and who are able to get away fairly easily during the day.

It is also worth noting that the greatest crowd at a cricket match never assembles until after four o'clock, when it is recruited by scores of men from Government offices, insurance offices, and other institutions where an eight-hour day would be regarded as slavery.

The unoccupied rich have been mentioned, but there is also a considerable class that lives without working on comparatively straitened means. There are many men who have a constitutional aversion to work of any kind, and if it should happen to them to inherit a small income of a hundred a year or so, they will prefer to live idly on that hundred without any attempt to add to it.

These men are not necessarily loafers in the vicious sense, but they are found largely among the habitués of cricket grounds where entrance can be obtained for sixpence or a shilling. With them, too, there are the men who have spent strenuous years, and are living on pensions.

At all the functions one has referred to the crowds are largely composed of ladies. Ascot, Epsom, Henley, Lord's, perhaps, Lord's the least—cricket still having comparatively little feminine interest—are always graced by the summer dresses of fair women. Who these ladies are is an easy question to answer.

They are, it may be quite safely asserted, for the most part the wives and daughters of men who are spending laborious summer hours in merchants' offices, in the Law Courts, on the Stock Exchange, and elsewhere.

For, as it was recently said, most men spend their lives earning money for some woman to spend.

Play and Sleep Schools.

If the recommendations contained in a report of the Hounslow Education Committee are adopted, children under five years of age in the public elementary schools of the district after taking "breathing, walking, and other carefully chosen body exercises," will be allowed periods of play. In order that they shall thoroughly enjoy the "play terms," they are to be provided with animal pets, dolls' houses, dolls' cradles, bricks, strong trains, stuffed animals, coloured balls, etc., and are to be allowed to go to sleep at the discretion of the teacher.

The recommendations, which have taken sixteen months to prepare, are expected to provoke a lively discussion when they are submitted for adoption. In addition to the proposals given above, the scheme contains the following :—

That there shall be a parents' morning at least once a term, when the fathers and mothers be invited to see the children in the school.

Definite games to be played at definite times.

Consistently with health, all opportunities of outside work and play be taken.

Sheds with windows and flooring, and movable doors, as a precaution against rain, are advisable. These sheds should be capable of being made cool in summer and being decorated with flowers.

Little chairs and tables are preferable to desks.

As far as possible, spontaneity be encouraged, rather than imitation of the teacher.

Lessons involving concentration of attention for any period, and strain of any kind, physical, moral, and intellectual, be very sparingly used, and be very definitely limited in time, and facilities be made for sleep when it is, in the opinion of the teacher, required.

Locally, says the *Daily Chronicle*, the scheme set out above is being spiritedly discussed. Asked his opinion the other day, a prominent local enducationist told a journalist it was a "beautiful scheme." The gentleman who sits next to him at the committee meetings was asked a similar question, and replied, "Tommy rot!"

DINING BY SCIENCE.

The only Safe Thing to Eat is — Water.

THE SCIENTIFIC STOMACH: I think you have given me salt in this article of nutrition?

THE WAITER: Certainly, sir, salt. Caviare can't be made without salt.

STOMACH: What ignorance of the rules of health! You make me a Halophogist. Do you not know that Dr. Orb forbids salt, the cause of catarrh, skin disease, chilliness, and emaciation? Take away the caviare. Bring me the next course. Ah, what is this?

WAITER: Consomme, sir—soup, sir.

STOMACH: Virtually a meat extract, which, according to Dr. Bright, contains the maximum of excretion products with a minimum of nutriment. A veritable poison.

WAITER: Fish, sir? Salmon and lobster sauce—

STOMACH: Salmon and lobster-sauce! Is it your design to poison me? Salmon, the source of uric acid, according to Professor Schultz; lobster, a certain manufactory of ptomaines, according to Dr. Hartland; sauce—all sauces are prohibited by Dr. Jay.

WAITER: Whitebait, sir, sea-trout, red mullet——

STOMACH: Whitebait teems with sewage microbes. Sea-trout, red mullet—let me see. Ah, yes; the famous curist Kreutzner says that these fish—all fish, in fact—produce irritation of my lining membrane. What is this?

WAITER: In English, it is lamb, sir, and asparagus and potatoes, and a sauce.

STOMACH: Take it away! Uric acid again! Dr. Jones forbids asparagus, mushrooms, lentils, peas, and beans. Dr. Grindal advises the prudent man to abstain from fish, flesh and fowl. Dr. Costo is the discoverer of a most injurious principle in the potato—dilating the stomach. Bring me none of these things!

WAITER: Some curried rice, sir?

STOMACH: Rice cannot be taken without salt, according to Dr. Dick, and salt is banned, as I told you, by Dr. Orb.

WAITER: Try a little bread with Camembert, Roquefort, Brie——

STOMACH: Cheese? Utterly condemned by Dr. Folker. Bread I certainly will not touch, for it is the cause of all digestive evils, according to Herr Siemens. Have you nothing really nutritious—some natural food of man?

WAITER: Dr. Walker says that an ounce and a half of mature Stilton, with seven ounces of——

STOMACH: I will have no cheese! Take away the cheese!

WAITER: Dessert, sir?

STOMACH: Ah, dessert! These oranges are over-ripe—forbidden by Dr. Charles Henry. These pears are under-ripe—forbidden also by Dr. Charles Henry.

WAITER: Grapes, sir; strawberries, pine-apple?

STOMACH: Grapes? Too much sugar—a cause of diabetes. Strawberries? A superabundance of acid. Neutralise the alkalinity of the blood. Pine-apple? A most dangerous fruit, containing a powerful ferment.

WAITER: Black coffee and a liqueur, sir?

STOMACH: Certainly not! Black coffee is anathematised by Dr. Brown. Alcohol is forbidden by every real authority on health.

WAITER: Milk?

STOMACH: No. Unboiled milk is the vehicle of consumption, diphtheria, typhoid fever, measles. Boiled milk I cannot drink.

WAITER: A cigar, sir, or a cigarette?

STOMACH: Tobacco, according to Dr. Nicole, is an acrid poison, stupefying and paralysing the nerves. No; I will not smoke. Have you nothing that a hungry man may consume without danger to health?

WAITER: Well, sir, I can only suggest water.

STOMACH: Ah! That's nearer the mark! Taken leisurely, in spoonfuls, it is perfectly innocuous!—*Answers.*

IN THE ARENA OF SPORT.

Hackenschmidt as a Boxer.

GEORGE HACKENSCHMIDT, having beaten all comers at wrestling, is now desirous of securing honours in the boxing ring. Indeed, it is said that he has designs upon the championship of the world. His recent wrestling partner, Gunner J. Moir, is a claimant for the title of heavy weight champion of England, and he states that Hackenschmidt is a most formidable performer with the gloves. He has been boxing persistently with Moir and other clever middle weights, and when he visits America he will challenge James Jefferies.

French Athletes beat English.

IN pursuance of the cordial understanding which we have with our nearest continental neighbours, two teams of French athletes have visited London during the season for matches with English clubs. In May the South London Harriers defeated the Racing Club de France, but the Stade Francaise avenged their compatriots' reverse by beating the Polytechnic Harriers by five events to two at the Regent Street Institute's new ground at Grove Park, Chiswick. Some such result might have been anticipated; for the visitors included in their team four men who hold French amateur championships—events which are by no means so easily secured as was the case a few years ago.

Nigel Munro, a Colonial Athlete of whom great things are expected.

As a matter of fact the Englishmen lost the whole of the five foot races. Emile Lesieur (French 100 metres and 400 metres champion) beat Eric Chamberlain, Poly. H., by a yard and a half in the 100 yards in 10 3-5 sec. In the quarter-mile Lesieur led from start to finish, and, although the Polytechnican, C. C. Davies, never gave up the pursuit, the latter was a yard to the bad at the journey's end. Time 52 sec. M. Choisel cleared the obstacles in the 120 Yards Hurdle Race in beautiful style, winning in 16 4-5 sec., and beating Oswald Groenings, who had only just lost English championship honours a week earlier, by a yard and a half.

The Stade Francaise won both the mile and the three miles with ease. In the former C. Poulenard got the better of S. de C. Cockson by 25 yards in 4 min. 34 3-5 sec. E. Rax carried off the three miles still more easily, beating B. C. Long by 120 yards. The winner's time was 15 min. 23 4-5 sec. Groenings did splendidly for the Polytechnic in the jumps, clearing 21 feet 9½ inches in the long and 5 feet 10 inches in the high. One of the two open handicaps fell to a French visitor, C. Hervoche.

Wanted—Swimming "Blues."

SWIMMING at the Universities has never attained the degree of popularity that it merits. In almost every other athletic exercise or game it is customary to find Oxford and Cambridge well in the fronk rank, but though several excellent swimmers have undoubtedly represented both Universities, none of them have reached the form required to win an English amateur championship.—*The Field.*

"The Water Hackenschmidt."

SUCH is the nickname given by his admirers to "Jappy" Wolffe, the cross-channel swimming aspirant.

"Jappy" Wolffe—as he is known to his friends—is a young man of twenty-nine, with a brilliant swimming record. He won the Amateur Swimming Club's first class medal last year, and is the holder of over forty othe.

swimming medals and numerous prizes. Twice he secured the second prize against Jarvis in the Midland Counties championship. He won the club swimming championship of the London Scottish Volunteers, to which corps he was attached as a member of the Glasgow Highlanders, when he came to London from Glasgow.

Wolffe stands 5 ft. 9 in., and weighs 13 st. 10 lb., with a chest measurement of 47 in.

Broke Record and Thigh.

AT Canning Town, G. Barnes recently beat the five miles flying start motor cycle British record, covering the distance in 4 min. 58 3-5 sec. Réné Thomas, the French champion, rode in the One Hour Race, but collided with the railings, splintering his kneecap and fracturing his thigh.

Champion wins another Championship.

F. H. HULFORD (holder of the Four Mile Amateur Championship of England) has also won the Mile Championship of the Midland Counties, at the Sparkhill Harriers' Sports, in 4 min. 35 4-5 sec. H. L. Hart (Sparkhill) was second and A. Russell (Walsall), the Steeplechase champion, was third. Hulford won the same event last year.

The Wingfield Sculls.

FOR the fourth time during his career as an amateur sculler, H. T. Blackstaffe, of the Vesta R.C., has won the Wingfield Sculls, the trophy symbolic of the Amateur Sculling Championship of Great Britain and Ireland, by beating A. Hamilton Cloutte of the London R.C.

Blackstaffe's connection with this race—one of the oldest of its kind in the world, having been instituted since 1830—dates back to 1895, when he competed unsuccessfully against the Hon. Rupert Guinness and Guy Nickalls. He did not scull the following year, but was successful for the first time in 1897, when the Hon. Rupert Gunness (the holder) did not defend his title. In 1898 and 1899 the Vesta man fought out the issue with B. H. Howell (Trinity Hall, Cambridge), the latter winning the race on each occasion. The following year he was beaten in the challengers' heat by C. V. Fox, of the Brigade of Guards R.C. (the eventual winner that year), but was successful in 1901. Blackstaffe did not compete in 1902 and 1904, but was second in 1903 to F. S. Kelly, of the Leander Club, and won last year from St. George Ashe, of the Thames R.C.

International Swimming Contest.

THE following was the result of the great International Swimming Competition held at Paris recently :—

1. Bougoin (France), 3 h. 6 min. 2 sec.
2. Billington (England), 3 h. 7 min. 6 sec.
3. Greasley (England), 3 h. 12 min. 15 sec.
4. Paulus (France), 3 h. 13 min. 58 sec.
5. Burgess (France), 3 h. 31 min. 50 sec.
6. Becker (France), 3 h. 41 min. 15 sec.
7. Miss Kellermann (Austria), 3 h. 59 min. 30 sec.
8. Fraulein Frauendorfer (Austria), 3 h. 59 min. 30 1-5 sec.

All the competitors finished extraordinarily fresh, Bougoin and Paulus beat their last year's records by 23 min. and 11 min. respectively. The two ladies, Miss Kellermann and Fraulein Frauendorfer, fought spiritedly for seventh place, and were loudly cheered by a large crowd.

Mile Swimming Championship.

THE Mile Amateur Swimming Championship has this year fallen to H. Taylor, of Chadderton, who won by 200 yards from Lister, of Sale, in 27 min. 9 sec. Six competitors started, but Blatherwick, of Sheffield, gave up early, and Shorthouse, of Salford, and Heywood, of Oldham, retired later on. A strong wind made the conditions rather unpleasant. Taylor, who led from the start, was 40 yards ahead at the end of a quarter of a mile, and this he steadily increased. His time for three-quarters of a mile was 29 min. 10 sec., and he used the trudgeon stroke throughout the race. Harvey, of London, was second for some time, but he was beaten by Lister in the end, and took third place. Shorthouse was fourth and Heywood fifth while they were in the race. Lister's time was 30 min. 47 sec., and Harvey's 31 min. 50 sec.

American Oarsmen Coming.

THE Harvard University eight, which recently defeated Yale, has arranged to row against a Cambridge crew in September. The details of the match, which will be rowed on the Thames, will be arranged after the arrival in England of the Harvard crew. The match has not been fixed to decide any International championship, but merely for the sport in it.

Sharp Criticism.

SOME severe remarks were made in the *Daily Mail* upon the management of the Olympic games at Athens. Australians, it appears, are also speaking in similar terms. Mr. George Blake, one of the Australian athletic representatives, has made the following statement to a newspaper reporter :—

"Were the games well conducted ?" "No, the arrangements were bad. The English jurors were weak-kneed. They allowed the Americans to do just as they liked, and a number of the races were regular fiascos. The heats in many instances were badly arranged. In the walking race Bonhag, the American winner, had never previously won a walking event. He is a long-distance runner, and his walk was by no means a fair heel-and-toe. The committee pulled an Englishman off when he was walking fairly. In the hurdle race an Englishman got a good start, and had virtually won it when the race was called back."

READERS' CLUB.

President - EUGEN SANDOW.

Motto :—One may Help Many.

For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the reader of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Liverpool.

SIR,—When I first took up your system of physical culture, I was a delicate youth, catching one cold on the top of the other, and always under the doctor for something. A friend of mine, who was going in for physical culture advised me to do the same. I took him at his word and commenced at your school in Tottenham Court Road. I was there for three months. I received every attention under Instructor Murray. At the end of the three months I was a new man, and determined to keep it up. After leaving your school, a few friends and myself started on our own and kept up your system which, I am pleased to say, made men of us all. It is six years now since I commenced and I would not give it up for anything. I have a nice room fitted up in my house, where I go the first thing in the morning and work for about half an hour with your grip dumb bells and developer, afterwards having a nice cold bath. I am on the dining saloons running between Liverpool and London, doing the double journey daily, and I do not feel the effects of the journey at all. It is your splendid system which keeps me in such good form.

I advise every reader of your valuable magazine to take a little exercise and a cold bath every morning, if it is only for ten minutes. It does not matter whether their work is manual or mental; they will feel a delightful freshness all the day afterwards, the same as I do myself. I went in for your physical culture competi-

Photo showing splendid Shoulder and Back Development in a Liverpool reader.

tion in *Answers*, and won a bronze medal, for which I was very pleased. I did not expect to get anything, as it was an open competition to the world.

CHAS. DIXON.

A Generous Offer.

Sheffield.

SIR,—Having been one of your followers for five years I thought it would not be out of place if I dropped you a line. I think your motto: "One may Help Many" is a good one. I may mention I do not keep your magazine very long after I have read them (I used to hoard them up like money) for I try to act up to your motto by distributing them in different places. Last week I made up a bundle of over thirty and handed them over to the secretary of our gymnasium for distributing amongst the members, and this week there will be another bundle of thirty also for the gymnasium. Any Sheffield reader who applies to me can have plenty of reading matter on physical culture free, but they must fetch them, as I cannot be expected to pay postage on them.

Now, sir, when I first started using your system at home I had the following "wonderful" chest measurements: contracted, 28 in., normal 30 in.; expanded, 32 in. They now read: contracted, 32 in.; normal, 37 in.; expanded, 40½ in. I think that shows in a nutshell what physical culture has done for me.

HARRY LUSHER.

This is, indeed, a very generous offer, and my Sheffield readers will, I hope, appreciate it. My correspondent's full address is 49, Stunnington Road, Sheffield.

Harry Lusher, whose letter appears on this page.

Perfect Specimen of Physical Degeneration.

Barnoldswick.

SIR,—It is just eleven years since I became a disciple of the Sandow system, and I have seldom missed a day since starting. Before I had the good fortune to become intimate with it I was what you might term a perfect specimen of physical degeneration. Life had no charms and I dreaded meal times coming owing to the most miserable after effects, viz., flushing, cold sweats and a general done-up feeling. The doctor told me that my lungs and heart were in a shocking state and that I was on the high road to the cemetery. I took his medicine, but I never got much better until good fortune put an advertisement: "Strength, and How to Obtain It," in my way, and I bless the day I saw it. I got the book and chart and went into the work heart and soul. I have got many a young man into the same way, but I only wish every young man and woman could be brought to realise the value of physical culture to the same extent as myself.

I may say that I now feel and have done from three months of starting, "in the very pink." My lungs and heart are as sound as acorns, and I always feel like jumping over a five barred gate. I have a six inch chest expansion but, better still, glorious health to enjoy to the utmost things of this world.

JOHN E. CHINE.

In the Cotton Factory.

Stalybridge.

SIR,—I had a nice collection of the magazines, never missing one week without having a magazine for five years. I have given them away to my friends and relatives, also taking a few amongst our cricket team, and a few to the workmen's club, of which I am a member. I have had the good luck to start several of the young members in your system of physical culture, and they are doing very nicely; I may say that I am trying to keep up to your motto: "One may Help Many," by buying one or two extra numbers per week and giving them away. I have about fifty young lads to deal with at my work, and I have given a few of my old mags. to these little fellows. They are confined in a cotton mill ten hours per day, and they are very warm rooms to work in, are the spinning rooms. So I am doing my best to get your system introduced to these young lads.

ALEX. RICHARDSON.

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J. WILKINS.

Hongkong, June 1st, 1906.

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